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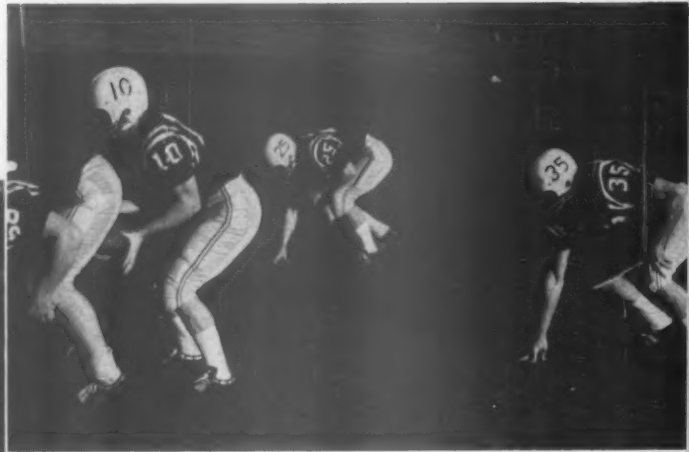
ATHLETIC JOURNAL

Vol. XII, No. 10

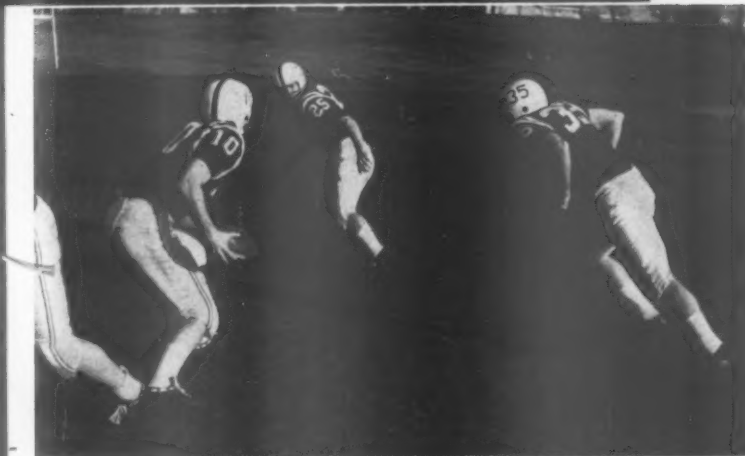
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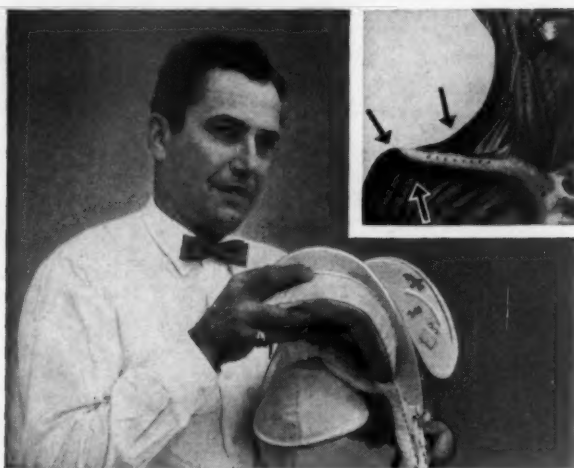
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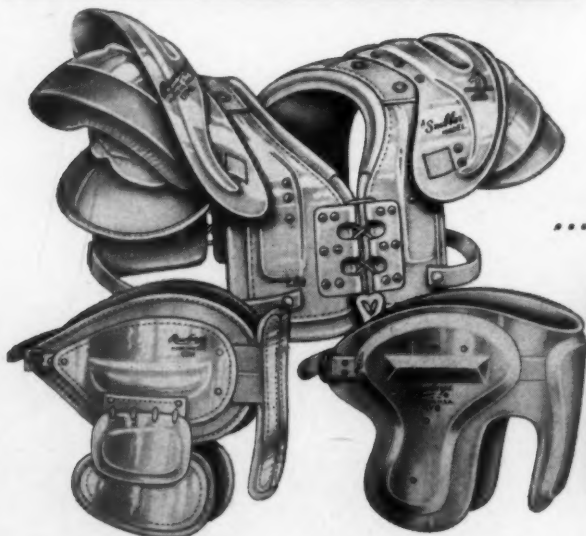
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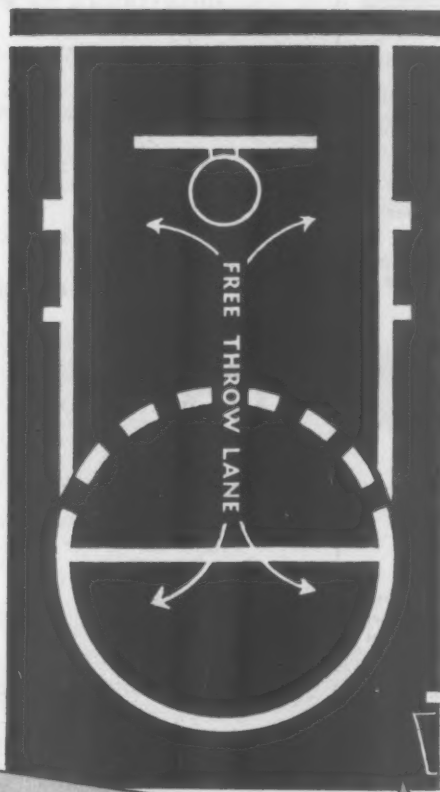
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Volume XLI

Number 10

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FRONT COVER ILLUSTRATION

One-half, one-quarter, full and reverse pivots, hand-offs, laterals, wrong hand fakes, one-hand fakes, double spins, drop-backs, rides, and roll-outs are some of the basic fundamentals needed by today's quarterback. The illustrated series, Quarterback Drills, which appeared each month starting with September, was designed to aid in perfecting some of the necessary basics. Nine of the quarterback's maneuvers are illustrated in the article entitled Quarterback Mechanics. Another view of the fly series appears on the cover.

Some Questions Need Answering

According to many historians, civilization made its greatest progress during the time of the ancient Greeks. During that same interval true amateur athletics flourished as evidenced by the Olympic Games. History tells us that as life became easier for the Greeks, it became a practice to hire professionals to represent the various Greek city-states in athletic competition. About this same time other cultures took over and the "Glory of Greece" declined.

Is there a lesson for us? Has a new sense of values become foremost in the minds of our high school boys? Are boys no longer willing to pay the price of personal sacrifice so necessary for athletic competition? Has there been a trend to play down competition? These are questions that coaches, educators, and the leaders in government must answer. If the answers are "yes," then what can be done about it? How can we replace the "what's in it for me" attitude with the true spirit of amateur athletic competition? Our own survey indicated that the growth in participation of a rugged sport such as football is lagging far behind the increase in school enrollments.

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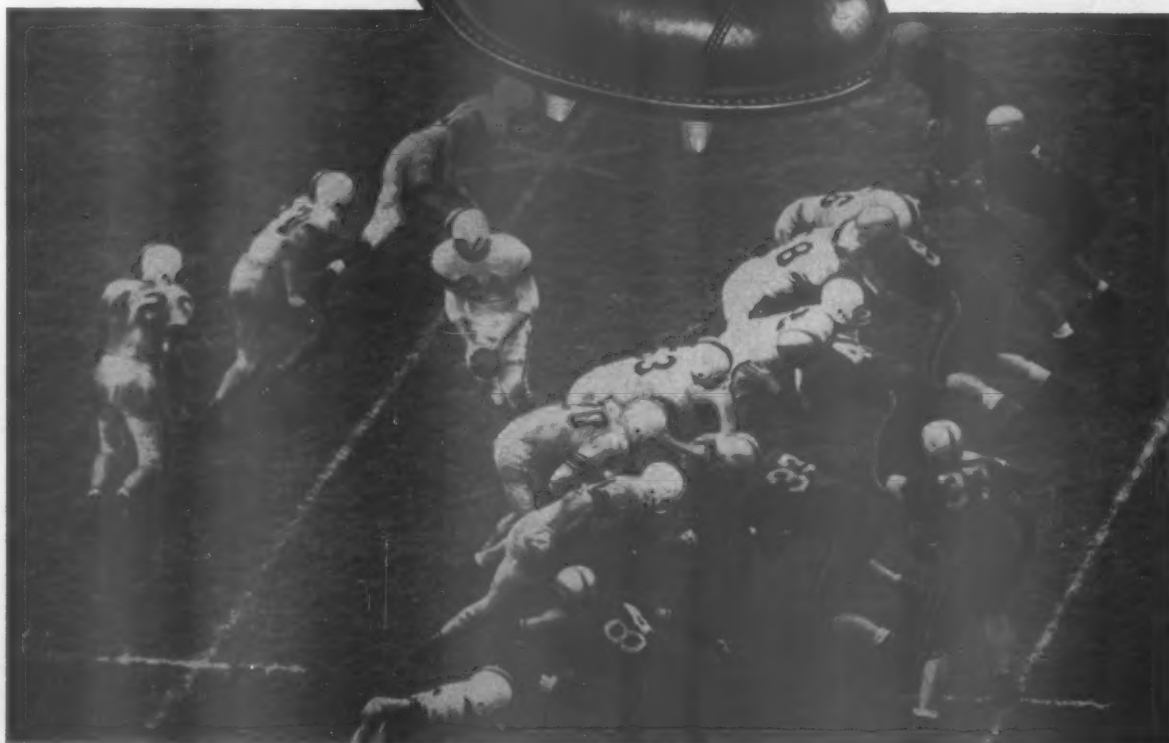
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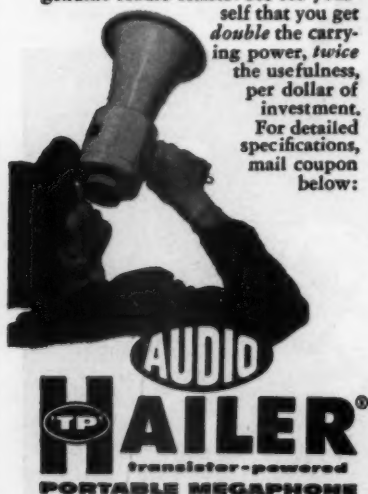


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from here
and there

KANSAS recently approved limiting a number of the sport seasons. Exclusive of state or regional meets, only 8 track meets, 7 cross-country meets, 12 swimming meets, 10 wrestling matches, 10 days of interscholastic baseball, and 8 days of interscholastic tennis and golf will be permitted... A study based on 3835 college games during the recently concluded basketball season indicated that the number of field goals attempted per game was the lowest in 14 years. On the other hand, the number of field goals made per game was the highest in 14 years. There was a decrease of approximately one-half a free throw attempted per game, while the percentage made was again the highest in 14 years. The average number of points scored per game was 141.2 compared with the record high of 146.5 for the 1956 season. The South led in field goal percentage with .414 as well as being second in free throw percentage with .690. The South also had the most points scored per game (147.3). The Southwest had the best free throw percentage (.703). The far West was last in field goal percentage (.390), next to last in free throw percentage (.666), and last in scoring (124.3). The Skyline section ranked 1 percentage point behind the far West in free throws made. The complete breakdown ap-

	F.G. Pct.	F.T. Pct.	Pts. Scored
East	.411	.683	141.7
South	.414	.690	147.3
Midwest	.402	.667	144.8
Mo. Valley	.403	.669	139.4
Southwest	.407	.703	145.6
Skyline	.397	.665	136.4
Far West	.390	.666	124.3
National	.406	.680	141.2

★ ★ ★

TRACK records for most schools rarely show more than 3 records made prior to 1940. The University of Georgia is a notable exception in this regard as 10 of its 17 track records date back to 1940 or earlier. By way of comparison, out of 38 Kansas University outdoor records, only one was set before 1940 and that was Glenn Cunningham's mark for the 1000-yard run... In the ten years of the Adelphi College Coaching School, there have been 29 high school coaches serving as instructors. Pennsylvania supplied 11, 7 came from Indiana, 5 from New York, 4 from Ohio, and 1 each from Kentucky and New Jersey... Statistics show that as high school teams progress up the ladder toward the state championship, their free throwing becomes more proficient. Out of 583 regular season games the success mark for free throws was 59.9 per cent. Continuing the study, 189 district

(Concluded on page 43)



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COACHES' CLINIC

Question:

Against a team with average receivers would you prefer to use the zone or man-for-man pass coverage?



PETE ELLIOTT, University of Illinois

Time is always the essence of coaching and the elimination of mistakes on pass defense is paramount. We believe our players will make fewer mistakes which could possibly result in the long touchdown pass by playing zone coverage. It takes less time to teach, and when properly understood, has fewer complications. If each player plays his area, then no matter what the offensive formation or play, the team should be protected against the long touchdown pass. If we had time to practice against all the possibilities that could arise in man-for-man coverage, then I would be tempted to change my thinking. The short zones present a different problem, because a good passer will complete passes against any team. Here we like to guess, gamble, and go for the interception that could make up for a number of completions.



JACK MITCHELL, University of Kansas

Against a team with average receivers we prefer to use zone defense coverage. However, zone coverage would be used whether they had average, great or poor receivers. In college football, we feel it is the simplest in the elimination of the long, easy touchdown pass. I do think man-for-man pass defense does have a place. We have used it experimentally, and it has proved successful, especially against a spread type offense when a quick rush and quick coverage are wanted. We were pleased with the results of the man-for-man defense, and will probably use it more in the future. However, with weaker manpower in the secondary, zone defense definitely has its advantages. A man-for-man defense is no stronger than the weakest man. But in zone defense a team could have three fairly good players, a weaker player, and still have sound and stable pass coverage.



TOM NUGENT, University of Maryland

We would use a four deep man-for-man coverage against average receivers, but would zone the short area, use at least one linebacker, and at times drop off both ends. Thus the team would be using a combination of a short zone coverage with four men taking deep man-for-man coverage. Since the question deals only with average receivers, we would double up on an opponent's favorite receiver only in an obvious passing situation. There is always one favorite receiver regardless how average they may be considered. We would double cover him. If our players were putting the heavy rush on the passer, we would use strictly a man-for-man coverage with the balance.



MURRAY WARMATH, University of Minnesota

We prefer to use the zone defense in covering pass routes and patterns for the following reasons: 1. It is easier to coach zone defense than man-for-man. More speed and athletic ability are necessary in covering man-for-man. 2. The zone method has always yielded fewer long gains on passes, and fewer touchdowns via passes. We came to this conclusion after observing both types of defense. 3. We feel that the player who places spot vision on the ball, and peripheral vision on the receiver is playing zone defense. The player who employs spot vision on the receiver and uses peripheral vision on the ball is playing man-for-man defense. It is easier for the players to go to the ball when it is committed if they focus the major part of their attention on the ball rather than on the receiver. 4. Receivers are more apt to fool the defender if they are watching the receiver with spot vision than when they are watching the ball with spot vision.



**Series A
FULLBACK
QUICK-
OPENER**

Quarterback Mechanics

By **JESSE VAIL**

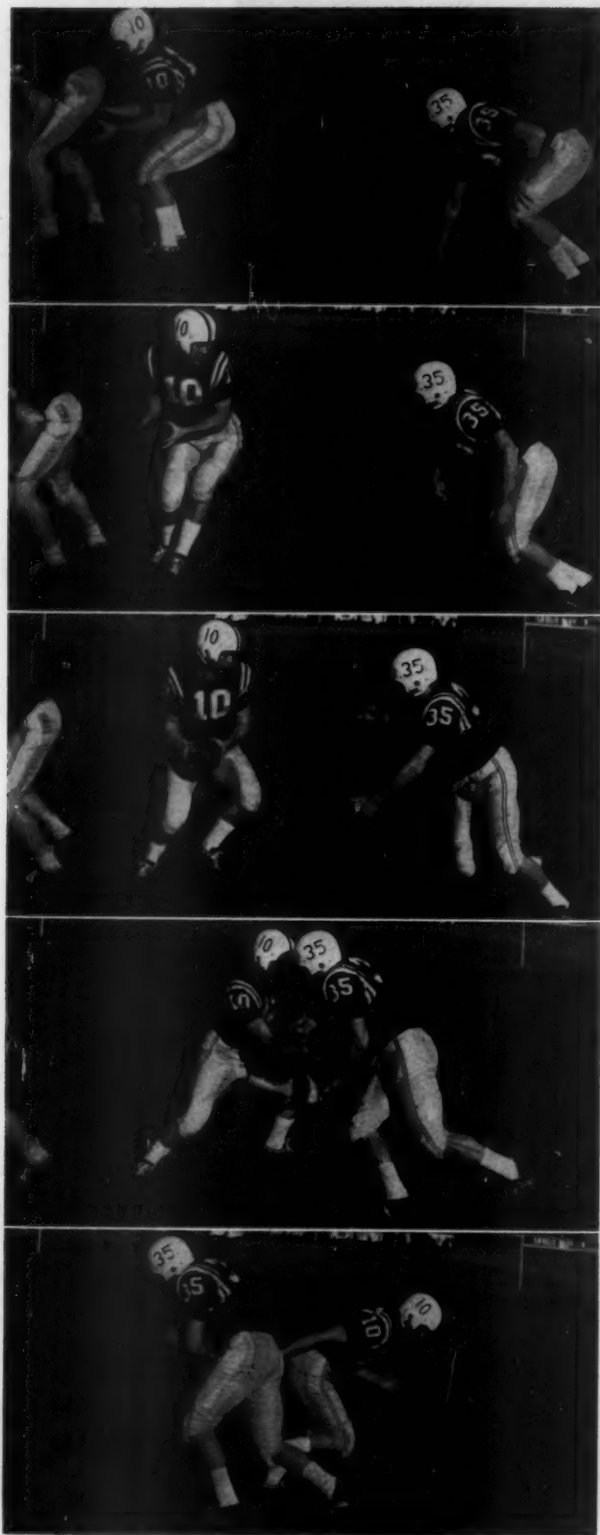
Football Coach, North Central College, Naperville, Illinois

CONSTANT repetition with repeated analysis and instruction are necessary in teaching quarterbacks the correct techniques. Mechanically, we feel our quarterback is sound in his movements, ball-handling, and faking. In our opinion, conscientious coaching and experience will enable a freshman or sophomore signal caller to acquire the confidence he needs in order to become a smooth varsity leader. Our quarterback mechanics are organized so that the player will learn several sets of fundamental moves. This article will be



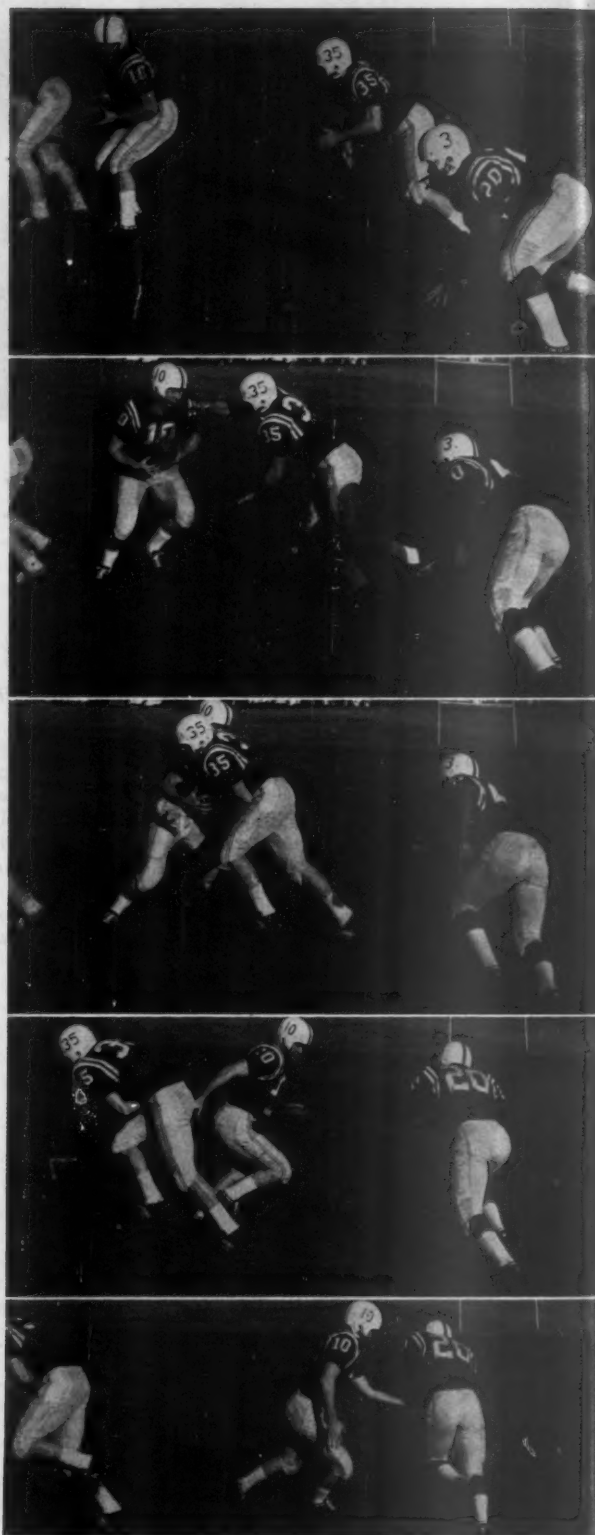
Series B

BUCK SERIES GIVE TO FULLBACK



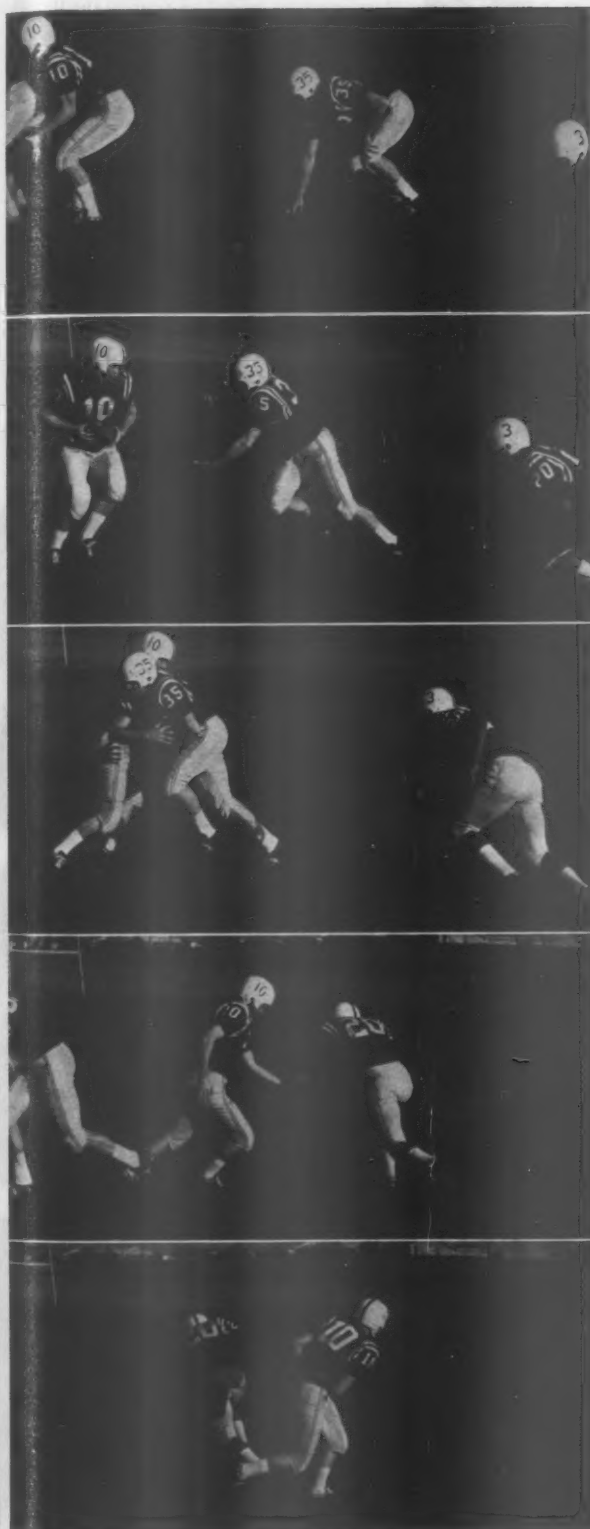
Series C

BUCK SERIES GIVE TO HALFBACK



Series D

BUCK SERIES BOOTLEG



devoted to a description of the maneuvers shown in the accompanying picture sequences.

An attempt has been made to standardize the explanation by using the terminology which applies to our offense. On-side refers to the side to which the backs flow. Off-side refers to the side away from the flow.

Fullback Quick-Opener (Series A). The quarterback takes the exchange, pivots on his off-side foot 90 degrees, and keeps his body off with his off-side hand. In this case, the fullback is hitting over the right guard. The ball is held parallel to the ground so the fullback may scoop it off the quarterback's hands. We want the fullback to take the ball from the quarterback by *feel*. The responsibility of having the ball at the right height for the fullback's pocket is given to the quarterback. During the exchange, the quarterback should ride the fullback a foot or so before pulling his hands out. There is no second fake on this play.

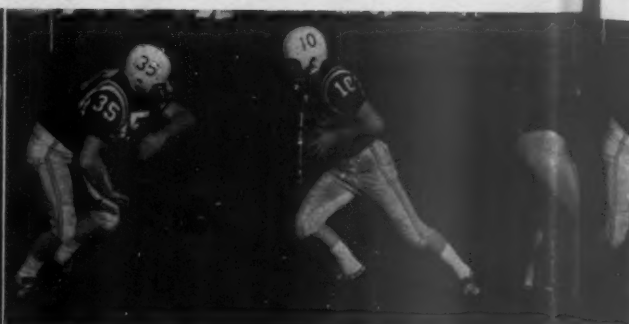
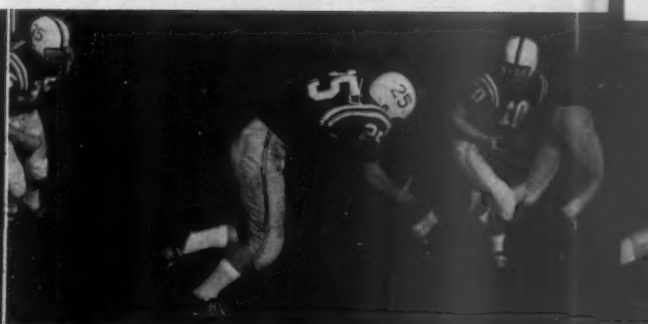
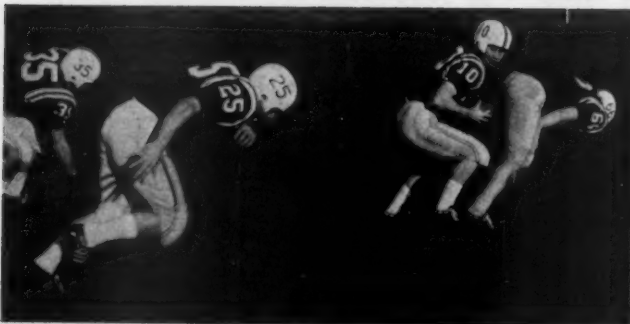
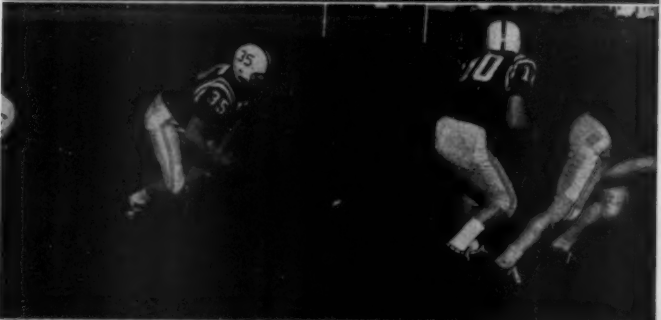
Buck Series Give to the Fullback (Series B). In executing this play, the quarterback pivots on his on-side foot (the foot toward the play side) 180 degrees. He sets his off-side foot with a long step directly toward a position outside the fullback's on-side foot. As soon as he completes the post, he starts back toward the fullback placing the ball in the pocket. Notice that the fullback's inside arm is up. He rides the exchange continuing back for the fake to the off-side halfback with his off-side hand. We are not concerned about his trailing on-side hand, but want him to keep the faking hand in to his body.

Buck Series Give to the Halfback (Series C). After making a 180 degree pivot, the quarterback steps back with his off-side foot and fakes with his on-side hand. His position is semi-erect keeping the ball in his off-side hand two to three inches away from his body. Then he places the ball in the pocket formed by the halfback. The quarterback should ride the halfback a foot turning his body slightly away to the off-side. He should pull the off-side hand away and to his off-side hip to carry out the bootleg fake. The quarterback should watch the halfback for a second and then switch his attention to the defensive ends.

Buck Series Bootleg (Series D). The mechanics of the faking for this play are the same as they were for the give with the exception that the quarterback places the ball momentarily in the halfback's pocket but pulls it out quickly and places it on his off-side hip. Again, he should watch his fake and then direct his attention to the off-side defensive end.

Quick Pitch-Out to the On-Side Halfback (Series E). This sequence, sometimes called the fly series, shows the quarterback making a reverse pivot and then going to the right. For a right-handed quarterback, the movement to the left with a reverse pivot would be very difficult because he would have to pitch with his left hand. On plays to the left, a front pivot is used. An underhand spiral on the quick toss is preferred and our players have had success with it. The quarterback should rotate his head quickly and push out toward the belt buckle of the on-side halfback. He makes the pivot on his on-side foot with the off-side foot planted directly in line with the target. Then the pitch is made similar to an underhand softball pitch with the hand following through. His on-side foot steps out and then the quarterback continues his motion. He brings his hand into the fullback, rides him a foot, and then comes back to set up a pass (not shown in the sequence). We feel our quarterback has done an outstanding job in this maneuver.

Hand-Off Play to the Halfback (Series F). A hand-off play which has been an integral part of our attack is shown in this series. We feel it is the most difficult play to stop in football. The major coaching point is that the quarterback works on the line of scrimmage. Our halfback is at the same



Series E
**QUICK PITCH-OUT TO THE ON-SIDE
 HALFBACK**

After graduating from DePauw University, Jesse Vail served for three years as head coach at Ishpeming, Michigan. In 1953 he was assistant at Battle Creek, and then for the next two years assisted at North Dakota State. In 1956 Vail moved to North Central. Last season he guided his team to the Illinois College Conference championship, their first since 1947.

spot on each play and cuts from there. It may be necessary for the quarterback to extend himself to reach the halfback because the designated spot changes as the offensive line splits. We do not mean to contradict our original statement about always hitting the spot. This spot which is two feet by one foot is directly under the tackle. The quarterback slips into the line with his on-side foot and then gauges his second step to the distance he must travel. He should pick out the halfback's belt buckle as a target, then the ball



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saver. Although he fakes to the off-side halfback, the defense is in his vision. The halfback must look straight ahead. Unfortunately, pictures do not lie and he is watching the ball.

Fake Draw Play to the Fullback (Series G). On all drop-back passes, the quarterback will fake the draw to the fullback. Our quarterbacks are instructed to fake to the on-side. This picture series shows the quarterback pivoting on his off-side foot, pushing out toward the target of the fullback's belt buckle, faking his off-side hand, continuing back, and setting up for the pass. We feel the quarterback can hustle back if he makes a complete 180 degree pivot which will place his back parallel to the line of scrimmage. Notice that he adjusts his vision just before setting up for the pass. Our quarterbacks are instructed to look straight downfield and then pick out the pattern side. We have found that the decep-

one-quarter of the way past it. As soon as the hand-off is completed, he should transfer his attention to the defense and be ready for contact. We feel this is important as a quarterback

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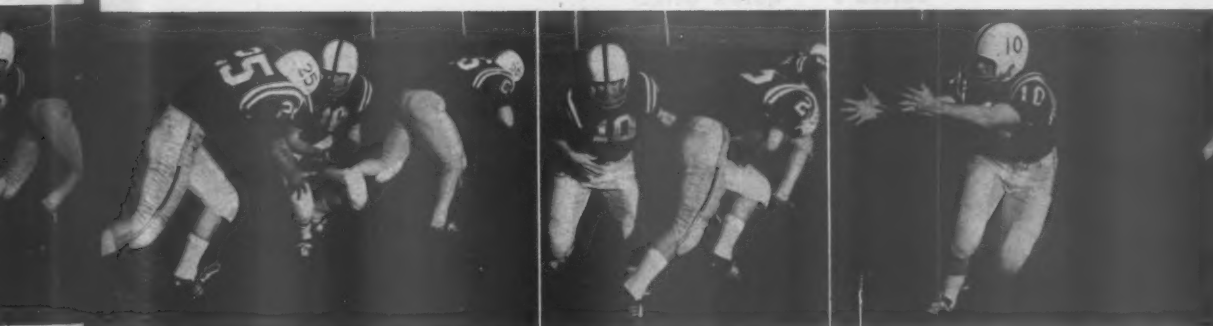
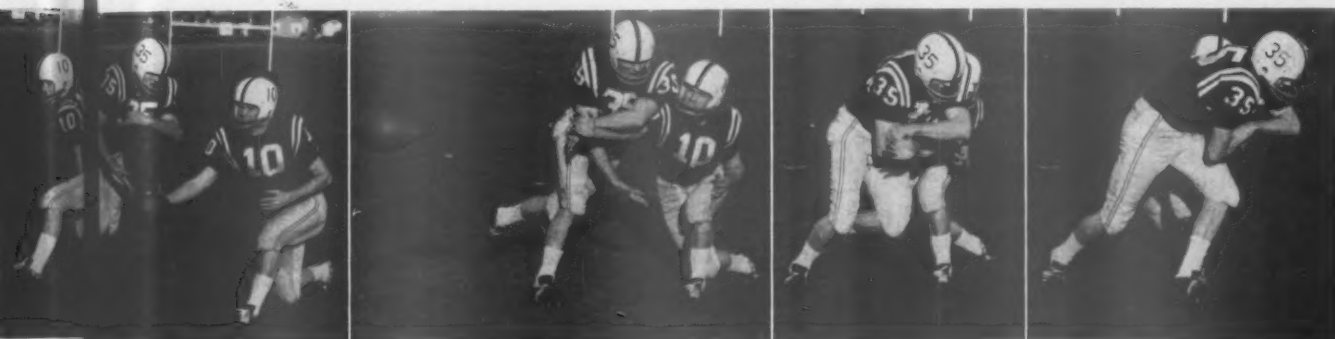
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tion is better on downfield cuts when the quarterback has his eyes shielded from the defense and is carrying out a faking motion on his drop-back.

Reverse Technique (Series H). On



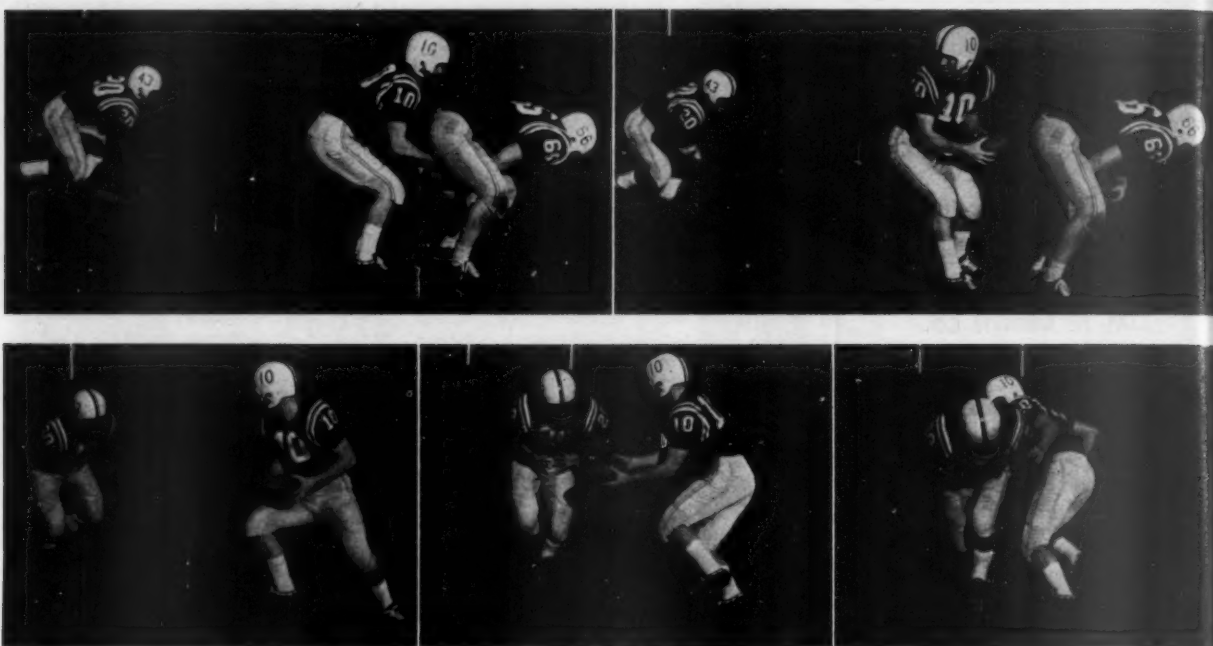
Series F

HAND-OFF PLAY TO
THE HALFBACK



Series G

FAKE DRAW PLAY
TO THE FULLBACK



Series H—REVERSE ACTION

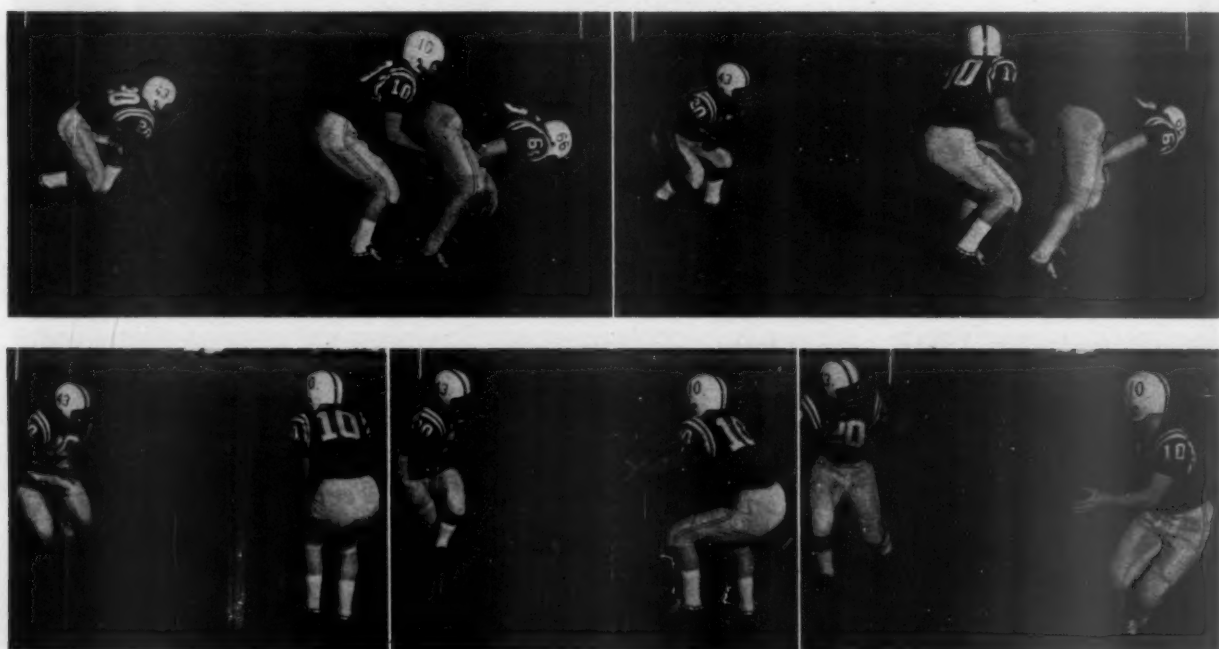
this reverse play, the quarterback uses a different hand-off method. He pivots on his off-side foot. Then he places the ball parallel to the ground along the line of the halfback's feet. We tell him to watch and ride the exchange exposing his hand. Then the quarterback bellies back to the weak side to lead the interference.

Quick Sweep (Series I). In this maneuver, the quarterback pivots on his on-side foot. Then he leads the halfback and pitches the ball underhand using both hands. The ball will float into the halfback's hand and is *big* to handle. An important point to notice is that the quarterback drop steps slightly with his on-side foot and is able to use his

initial momentum to complete a three-quarter pivot. We feel his balance is better because he is moving in the direction of his pivot.

We have attempted to describe the basic thoughts in relation to this key position. These sequence pictures helped refine and organize our thinking in regard to quarterback mechanics.

Series I—QUICK SWEEP



Drills for Quarterbacks

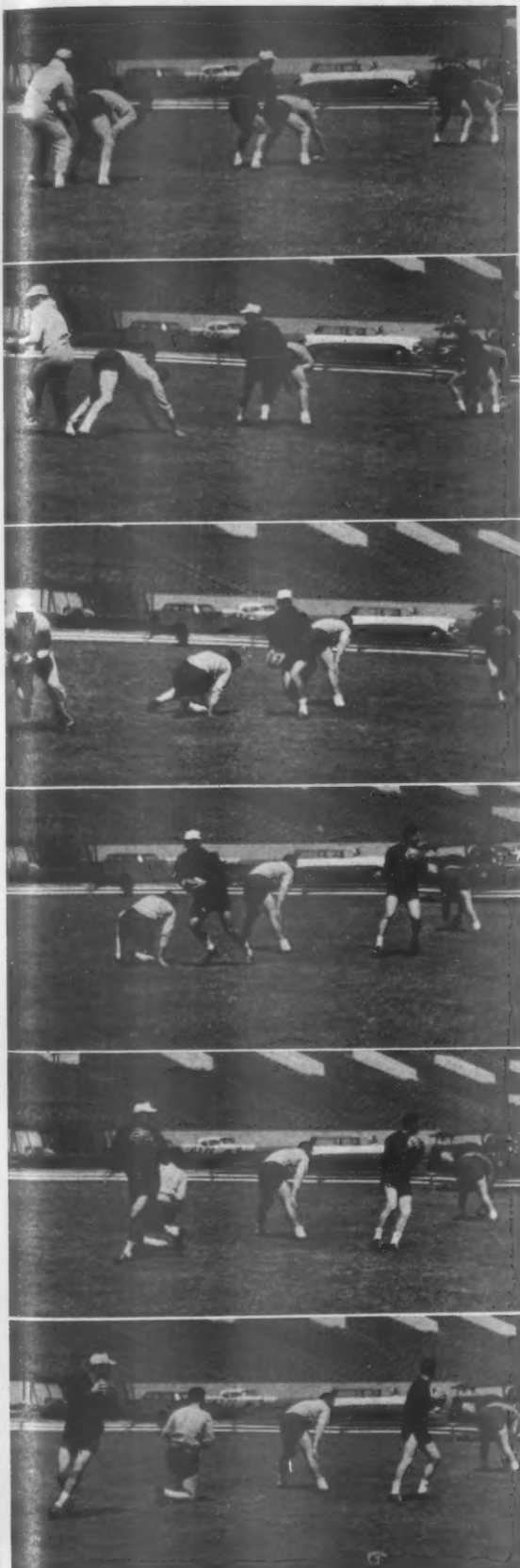
Quarterback Production 18.

Drill With a Center

THE purpose of this drill is to practice the essential fundamentals of ball-handling, pivoting, retreating to throw, and setting up to pass.

Instructions:

1. Place the three top quarterbacks on offense and provide a center for each. Make certain that the centers are experienced and not just fill-ins for this drill. Bad habits result from not using regular centers, and little learning is accomplished by anyone.
2. Each center must have a football. Since this is an early season drill, sometimes we use the weighted regulation *power wrist* football, because it strengthens the fingers, hands, and wrists of the centers and the quarterbacks (Illustration 1).
3. The quarterbacks do not release the football and throw in the early phases of this drill. We are concentrating on the fundamentals of setting up to throw. Later on a receiver for each quarterback is added.
4. The quarterbacks begin by receiving the snap and alternate calling cadence. In this maneuver, we attempt to gain uniformity of voice.
5. A coach stations himself in front of and slightly to the side of the first group. From this position he has an excellent view of all six men and can detect any irregularity quite easily.
6. All quarterbacks go through the same maneuvers each time; however, only one quarterback calls cadence.
7. As shown in Illustrations 1, 2, and 3, the quarterbacks are faking a fullback draw and retreating straight back to pass.
8. Notice the quarterback position of the football as they go back. The quarterback at the far right has positioned his ball and is set to throw without any false movements. The quarterback at the far left moved out of range of the camera as he went back. The quarterback in the center did not receive the snap as quickly as the other two and is a count behind (Illustrations 4, 5, and 6).



19. Quarterback Production

Drill Without a Center

THIS is a pre-season drill that is used when the quarterbacks report before the rest of the squad. Generally, there are no centers available at this time, and at the most one center is on hand.

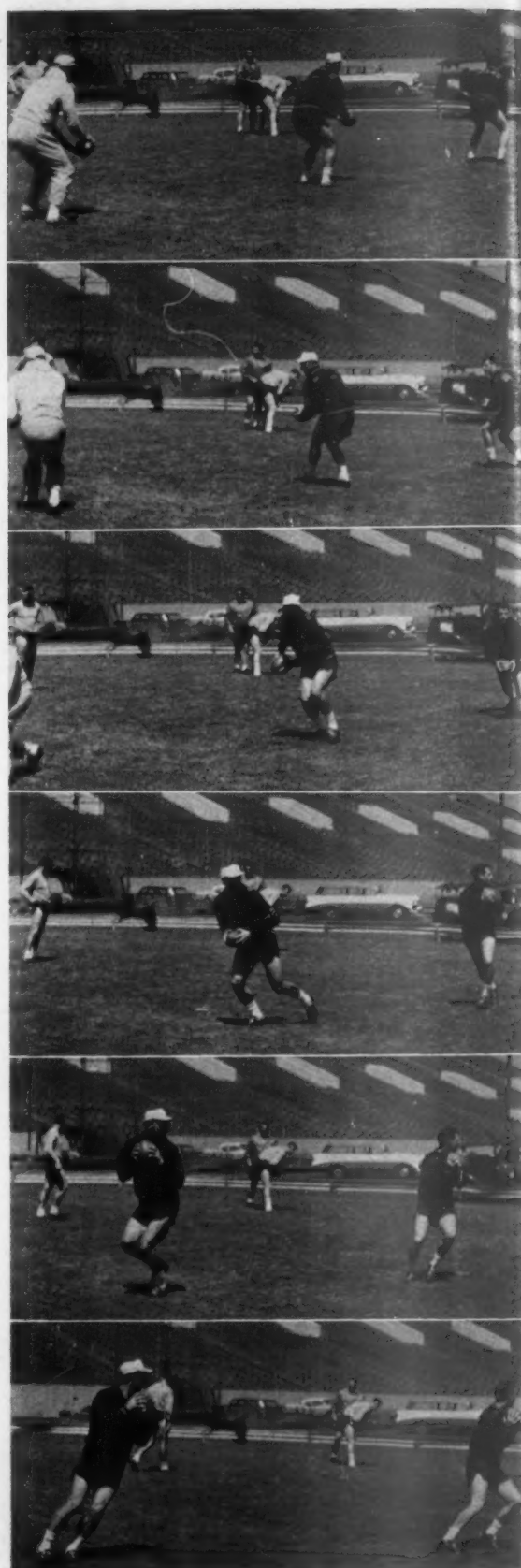
Instructions:

1. Locate three or more quarterbacks on offense. Each quarterback must have a football.
2. Align the quarterbacks five yards apart, so that each has ample room to get depth and maneuver.
3. Since only the fundamentals of setting up to throw are stressed, receivers are not required. The quarterbacks do not release the football.
4. All quarterbacks execute the same play with only one calling cadence.
5. Coaching points in this drill are as follows: The quarterbacks assume stance and only receive the snap. They receive the snap and push off. The quarterbacks receive the snap, push off, and retreat an exact number of steps (four). All quarterbacks receive the snap, push off, retreat four steps, and go through the complete motions of throwing the football.
6. With this step-by-step method, and a coach positioned in front of the lead unit, every detail can be examined.
7. Corrections should be made so that the three quarterbacks can benefit, because they are all within range of the coach's voice.
8. This is an excellent pre-season drill and will pay dividends.

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Prepared by **GEORGE H. ALLEN**
Assistant Coach, Chicago Bears Football Team
and author of "Complete Book of Winning
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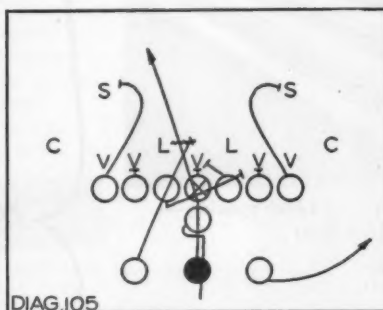


By **CHARLES H. MOSER**
Athletic Director, Abilene, Texas, Public Schools
and
HAROLD BRINSON
Football Coach, Abilene, Texas, High School
(Continued from the May Issue)

KEY BREAKERS

FULLBACK TRAP, LEFT HALF POWER (Diag. 105)

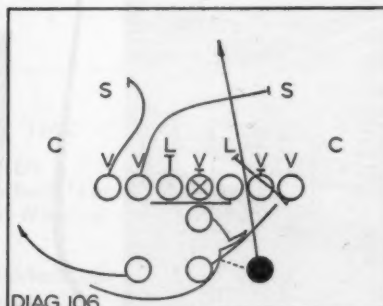
WE like to run the play shown in this diagram early in a game. As a rule, it worries the opponents and possibly weakens the defensive linebackers because they are forced to wait for the play. The fullback takes three steps and veers to his left instead of taking two steps and veering to his right as he does on the quick trap. We have been fortunate in having backs who were tough and good blockers.



DIAG. 105

SWING AND FLIP (Diag. 106)

THIS play developed when the swing pass became popular. We feel that this pass is good against an umbrella defense. If a team has a good swing pass, this play is an excellent counter for it. The quarterback comes off the line at a 45 degree angle, rides the fullback one step, and then starts his drive away from the fullback. On his first step he flips the ball to the right halfback with a right wrist flip. The right halfback sits low at a 45 degree angle and waits for the ball before he breaks for the hole.



DIAG. 106

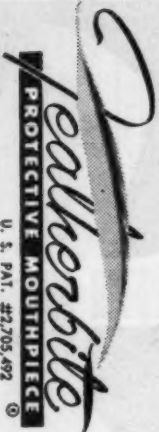
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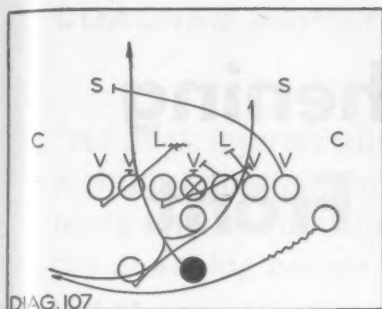
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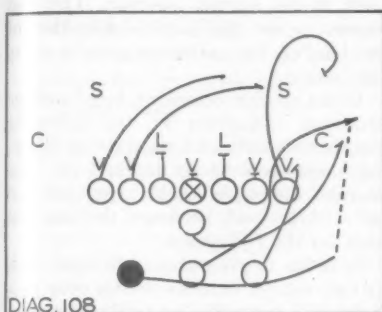
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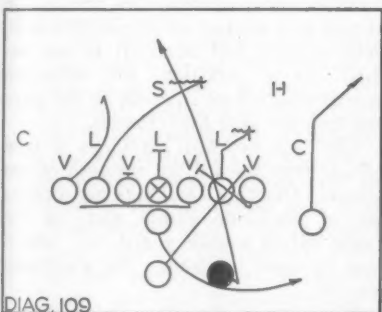
END TRAP (Diag. 107)

THIS play fits in well if a team is using the Delaware tackle trap. The quarterback reverse pivots and hands the ball to the fullback. Then he continues his fake to the left halfback who steps back and fakes well. The fullback must run at the left tackle and veer in behind the trapper who is the left end.



OPTION SWEEP (Diag. 108)

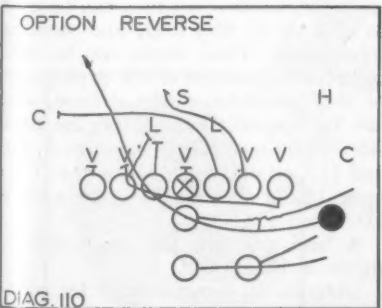
AS a variation to our sweep, the option sweep places a burden on the defensive corner position. The right halfback blocks and the fullback goes in to the flat for a pass. The quarterback quick pitches and blocks the corner when the left halfback says Go. The left halfback has the option of passing to the fullback in the flat or running. When the left halfback crosses the line of scrimmage, the right end curls and blocks.



RIGHT HALFBACK DELAY (Diag. 109)

WHEN used against a 4-5 or an Eagle defense, this is a good play. The quarterback rolls out and hands the ball to the right halfback. The right halfback steps back with his inside foot and sets at a 45 degree angle facing in. As the quarterback comes behind, he hands the ball with his left hand. Usually, the linebacker pursues to the outside and the right tackle takes him the way he is going. The right tackle should step up, delay a count, and then go for the linebacker. He must step to give the end trapping room.

REVERSES



OPTION REVERSE (Diag. 110)

THIS play works best against an Oklahoma 5-4 defense, because the trailing tackle can be trapped by the right end. By moving with the flow, the linebacker helps make it effective. The quarterback fronts out and stays as close to the line as possible while giving the right end a path to trap. Then the quarterback hands to the flanker with his right hand. The flanker should set a little deeper so he will not have to belly back.

(Continued on page 24)

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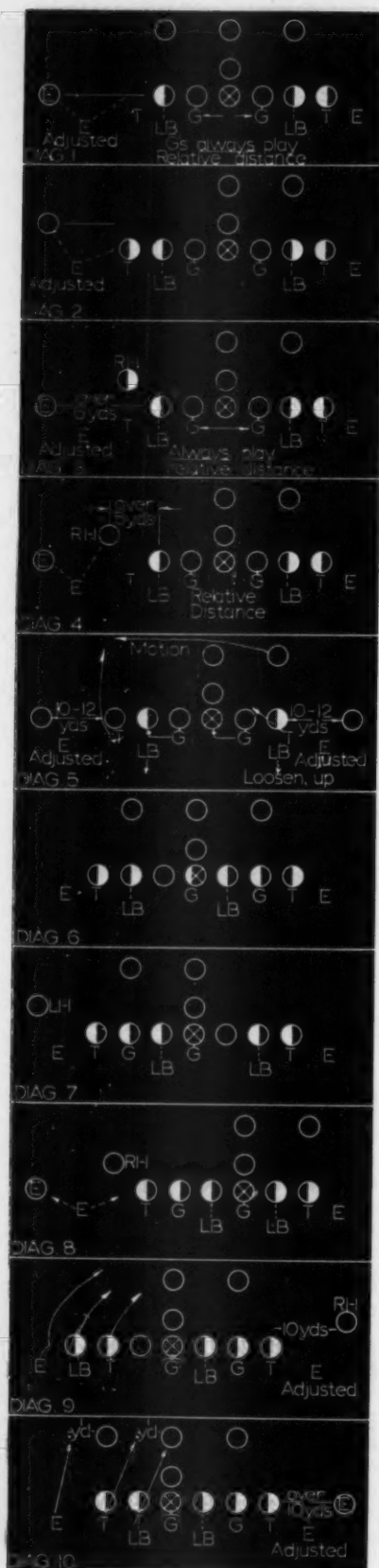
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Strengthening the Six Front

By CLYDE W. BIGGERS

Assistant Football Coach, University of South Carolina



IN college football throughout the nation, there has been a widespread switch back to variations and modifications of the six-man line. This defensive evolution has come about due to the tremendous pressure placed on defenses by the multiple offensive sets being used in virtually every conference in the country. The six-man line, with its flexibility, is ideally suited to meeting the constantly varying offensive patterns.

A six front can be strengthened in a number of ways: 1. It is possible to deploy team or individual stunts which will toughen up a segment of the defensive plan without appreciably weakening the remainder. 2. The six can be moved over to simulate an odd defense (5-4, 5-3, Eagle, etc.) without breaking down any of the defensive axioms. 3. It is not difficult to move or slide the defense in the event of half-back motion if additional strength should be desired in one direction or another. As a matter of fact, the six readily lends itself to jumping or switching since its balance cuts down the necessity of long moves and adjustments on the part of the linemen.

Simple adjustments which can be made off the basic six, should the situation not call for team or individual stunts, are shown in the accompanying diagrams.

As shown in Diagram 1, against a split end, the defensive end adjusts to a position from which he can take away the look-in pass. An adjusted end never crosses the line of scrimmage until the ball shows clearly outside his tackle.

Against a flanker (Diagram 2) the defensive end's adjustment is the same as it was in Diagram 1. He must make certain that this adjustment is wide enough to handle the look-in.

In a passing situation (Diagram 3), the tackle plays the wingback up to five yards in order to be able to delay the receiver. In this case, the tackle must prevent the flanker, when he is set close, from releasing to his inside.

If the flanker moves out over five

yards (Diagram 4), the tackle comes back to his normal position. The end moves in on the outside shoulder of the flanker, but continues to take away the look-in.

When motion occurs on long yardage situations (Diagram 5), the defensive guards loop over one man, never allowing themselves to be blocked in. The on-side defensive tackle executes an out charge and becomes the contain man on the roll passes.

In order to present an odd front, it is an easy matter to move the six over partially (Diagram 6) or fully (Diagram 7). It is possible to make either of these adjustments when facing an unbalanced T with the end wide (Diagram 8).

The partial overshift (Diagram 6) provides a way to strengthen the middle as well as a method of playing the wide field when a full overshift is not desired. As a variation, the defensive guards may off-set squarely in the gaps and execute goal line charges.

The full overshift provides a true odd defense toward the strength of the offense (Diagram 7). There are a number of back-side stunts such as the Eagle, off-set middle guard, etc., which may be used to change the short-side picture.

When facing the offensive set shown in Diagram 8, the strong-side defensive end may jockey his position in and out to simulate double coverage of the wide end.

There are a number of individual stunts or maneuvers which can be used as dictated by film study and scouting information. These stunts can be used as needed regardless of the deployment of the remainder of the defense, and can be especially helpful on: the back side of the overshift (Diagrams 9, 10, and 11), on the corner of the line (Diagram 12) or occasionally in the middle (Diagram 13).

A back-side fire for penetration is shown in Diagram 9.

Diagram 10 shows a stunt for pene-

(Continued on page 44)

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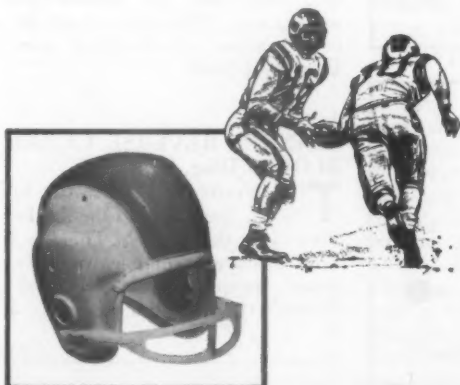
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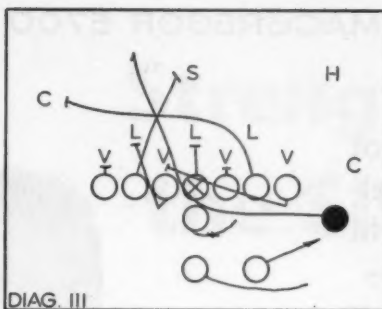
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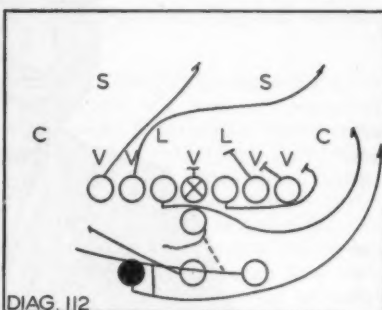
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DIAG. III

FULLBACK PITCH REVERSE
(Diag. 111)

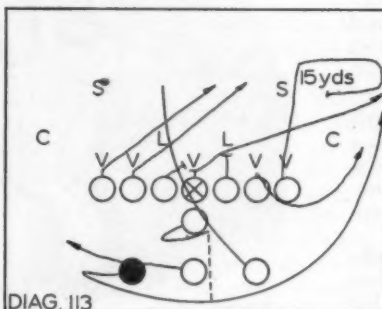
THIS play is similar to the option reverse, and both plays can be run with the same type of blocking. Although it is diagramed against an even defense, the fullback pitch reverse has worked consistently when used against an Oklahoma 5-4 defense. The quarterback reverses out, fakes the fullback pitch, and then hands to the flanker. Against an odd defense the tackle would be trapped.



DIAG. 112

SWEEP REVERSE (Diag. 112)

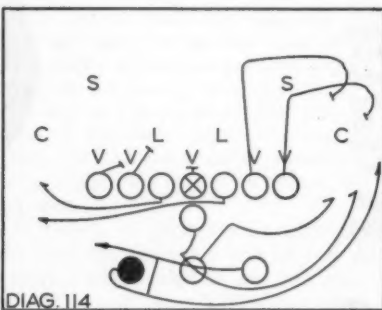
WHEN our power sweeps were averaging well, this reverse became a steady play. The quarterback pitches quickly and fills for any crashing lineman or linebacker. Then the right halfback hands with his left hand to the left halfback who pauses a count before starting. The right guard hooks the end quickly. The left guard jab steps in order to hesitate and blocks the corner man.



DIAG. 113

HALFBACK TRAP REVERSE
(Diag. 113)

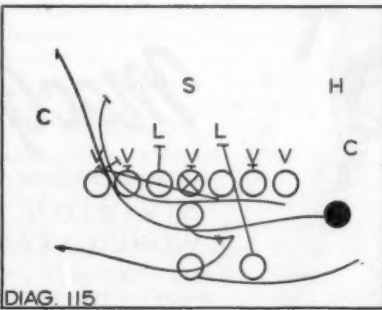
AFTER our teams used the halfback trap successfully, this reverse was added. The quarterback fakes the pitch-out, then the trap, and finally pitches out to the left halfback who stutter steps to his left. Meanwhile, the right end goes down and curls back. The right tackle blocks two counts and pulls to lead the play.



DIAG. 114

TEXAS REVERSE (Diag. 114)

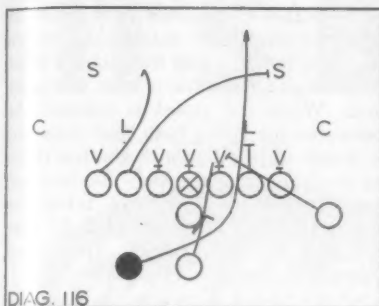
THIS reverse was used by the University of Texas in the early 1950's. The quarterback hands to the right halfback. Then the right halfback hands to the left halfback who has circled. After handing off, the quarterback loafs three steps and then blocks the non-hookable end. The fullback steps up, hesitates, and hooks the end in. Then the right tackle and right end curl deep and the guards pull the wrong way. This play seems to work best against a well-drilled team that keys the guards.



DIAG. 115

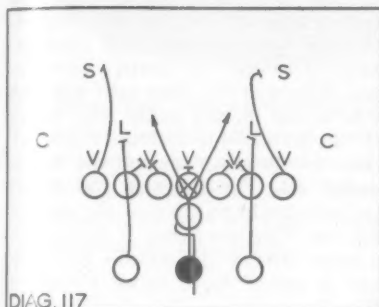
FLANKER REVERSE, GUARD BLOCK (Diag. 115)

THE quarterback fakes the fullback pitch, hands off to the flanker, and then fakes the bootleg. There is a two-time block at the hole with the right guard trapping. The right end leads through the hole and looks in.



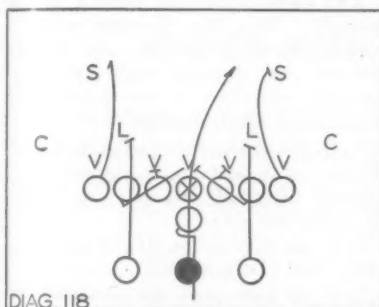
VS. EAGLE DEFENSES INSIDE BELLY, FLANKER TRAP (Diag. 116)

WE have found that this play worked consistently against an Eagle defense. The right guard blocks out on the tackle and actually influence blocks for the flanker who does the trapping or two-timing. Our left halfback is instructed to watch the linebacker and veer either inside or outside. The right tackle should take the linebacker either way.



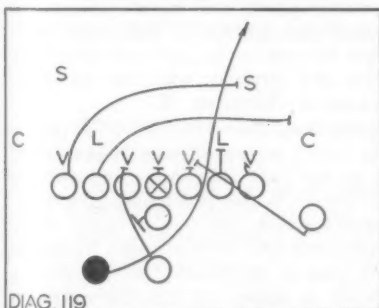
FULLBACK TWO-TIME (Diag. 117)

A fast-hitting power play is shown in the accompanying diagram. With the guards and the tackles two-timing, the fullback takes the ball from the quarterback as he would in a fullback trap. He watches the middle man on defense and veers accordingly. The halfbacks have the hardest blocks and should block with the inside shoulder.



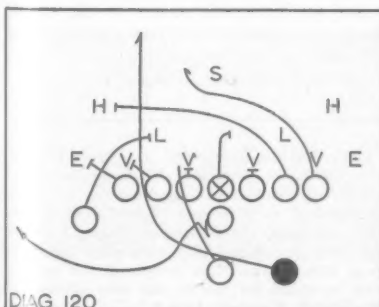
FULLBACK TACKLES POWER (Diag. 118)

THE play shown is a variation of the fullback two-time play. Instead of the guards and tackles two-timing, the center and tackles block the defensive middle guard. Actually, this is more of a wedge play.



INSIDE BELLY COUNTER (Diag. 119)

THE blocking on this play is the same as that used for the inside belly flanker trap. Of course, the quarterback fakes to the fullback and then hands to the left halfback who hesitates a count. The fullback again veers off the right tackle's block on the linebacker. The quarterback's first step should be deep so he will not have to step after making the fake to the fullback.



VS. WIDE SIX INSIDE BELLY FLANKER TRAP (Diag. 120)

THIS play has been successful against the wide six defense. The left end and left tackle block out. They both have angles and influence the defensive men in front of them. If the quarterback fakes well to the fullback before handing to the right halfback, the flanker has a blind block on the linebacker. There should be no hesitation by any back thus insuring a good driving play. When playing a team that uses a wide six defense, this type of blocking is employed on our opponent's weakest defensive side.

(Continued on page 28)

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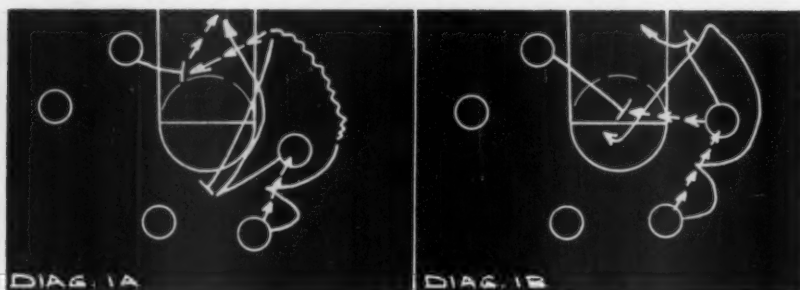
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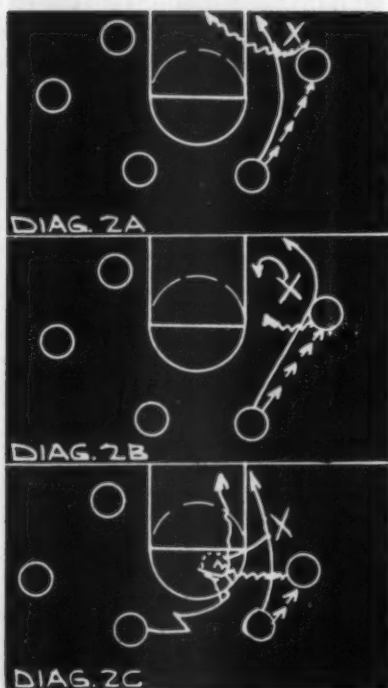
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A Multi-Option Man-for-Man Offense

By **MIKE HARKINS**

Basketball Coach, Eastern Montana College of Education, Billings, Montana



A man-for-man offense should be flexible enough to keep the defense guessing and still be organized so that planned scoring opportunities are included. We feel that our man-for-man offense meets both of these criteria. While only two plays and a rule are involved, there are many options which develop in natural ways to take advantage of the various man-for-man defensive counters.

Basically, our plays are started in the same manner, a pass to one of the three inside men (the two forwards and the pivot men) by either of the guards and a cut through by a guard. Until the pass is thrown, the guards are free to work on what we call the guard options such as the pick and roll, pass and go behind, give and go, and others. Once the pass and cut are made, we insist on the proper execution of the following plays:

The Outside Cut. This cut starts when a guard throws the ball to the forward on his side and cuts outside him. Then one of the two phases of the play may develop.

If a return pass is made to the guard

as he makes his cut, he dribbles in as far as he can. After making the return pass, the forward aids the guard's drive by attempting to pick off the defensive man. When the guard is stopped, he passes to the pivot man and goes out to screen for the forward who has drifted to the head of the key. The forward comes off this screen and takes the hand-off from the pivot man. In case the forward was covered, the guard rolls after screening (Diagram 1A).

If the guard makes the outside cut and fails to get a return pass, then he continues his cut in toward the basket. The forward turns and after attempting to pick the guard's defensive man, throws to the pivot man and goes in to screen for the guard who comes off this screen only to receive another screen by the pivot man as the ball is handed off. The forward who makes the pick should roll in case the defense switches. This movement is very tough to cover because the guard's defensive man is picked three times (Diagram 1B).

The Inside Cut (or second guard through). This play develops when a guard throws to the forward on his side and cuts through inside him. The forward cuts close to the guard and does one of the following:

1. If his defensive man is screened off by the guard going through, the forward drives all the way for a lay-up (Diagram 2A).

2. If his man drops off, he takes the jump shot (Diagram 2B).

3. If his man plays the play correctly and is in good defensive position, the forward pivots and hands off to the second guard through. This guard must time his cut so he will not arrive too soon and interfere with the forward's operation (Diagram 2C).

The Split Post Options. This play is not called in our offense. It is referred to as the *split rule*. Any time the ball is thrown to the pivot man, the other players screen for one of their teammates and roll. In most cases, we expect this play to be initiated by the guards. Depth is added to this maneuver by telling the forwards that any time the guard on their side passes to the pivot, they are expected to clear their side of the floor by cutting either in front of

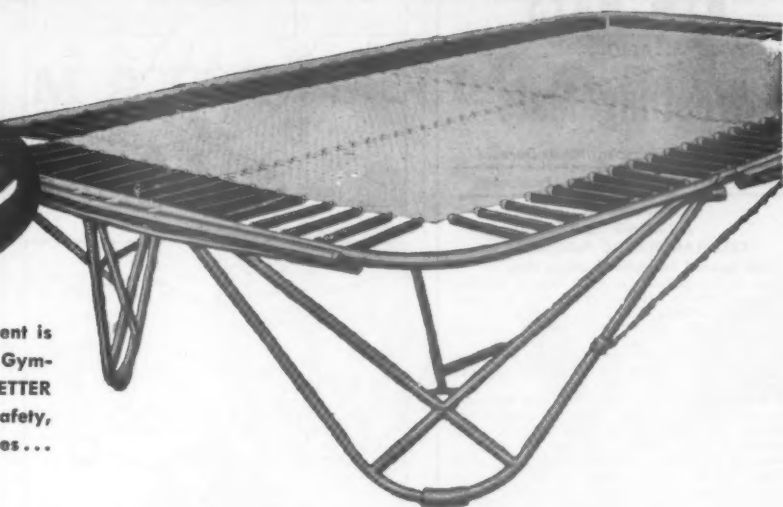
(Continued on page 41)

Mike Harkins competed at Akron University where he received All-American honorable mention. After graduating in 1956, he coached at Hudson, Ohio for four seasons winning three league championships and finishing second the other year. The previous article which he prepared for us has been accepted for use in the new edition of "Basketball Coaches Digest."

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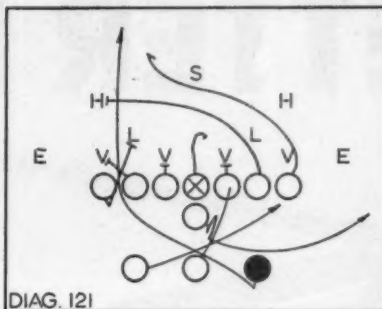


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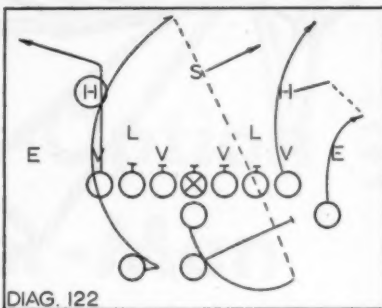
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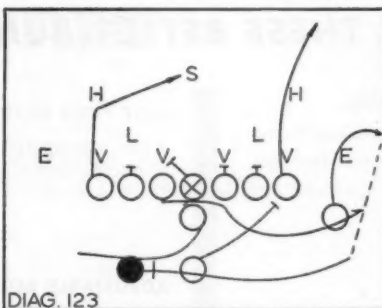
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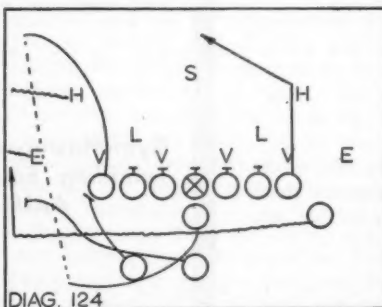
DIAG. 121



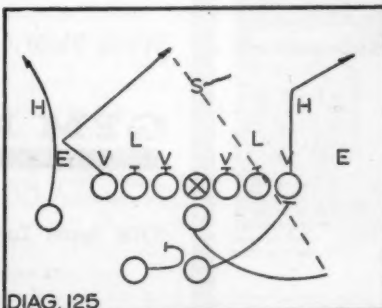
DIAG. 122



DIAG. 123



DIAG. 124



DIAG. 125

INSIDE BELLY COUNTER, END TRAP (Diag. 121)

THE blocking shown in the accompanying diagram fits well against a wide six. Our backs are instructed to run the regular inside belly counter. The left tackle goes first and blocks the defensive tackle out. Then the right end steps back and blocks the linebacker.

FOUR DEEP ROLL-OUT (Diag. 122)

As soon as the opponent shows a wide six defense and the safety tries to cover the deep outside, this pass is attempted. The quarterback rolls hard and deep to the right, but stops behind his right end. The ends are both down and out and the left halfback takes one step, stays low, and then goes down the middle. As soon as he stops to throw, the quarterback finds the defensive right halfback. If the defensive halfback covers the left end, the quarterback will throw to the left halfback.

RUNNING PASS, RIGHT (Diag. 123)

IN our opinion, the running pass exploits one of the greatest weaknesses of the wide six defense. We like this play for the following reasons: First, because the left halfback and the quarterback go in different directions, the flow is harder for the defensive backs to determine. Second, by placing the right halfback as a flanker, it becomes impossible for the linebacker to cover the flat. Third, by pulling the weak-side guard, fine protection is provided against a four-man rush on one side of the ball. The left halfback keys the defensive end and either runs or throws quick in the flat.

ROLL-OUT LEFT, FLANKER IN MOTION (Diag. 124)

IN the play shown in the accompanying diagram, the flanker goes in motion and should be 10 yards outside his left end when the ball is snapped. The defensive halfback must move out with the man in motion. If the safety does not rotate, the quarterback will throw to the left end. If the safety does rotate, the quarterback can stop and throw to the right end. We like this play because the quarterback can set behind the center and watch the adjustment of the defense before the ball is snapped.

ROLL-OUT, LEFT END CUT (Diag. 125)

THIS play is self-explanatory according to the diagram.

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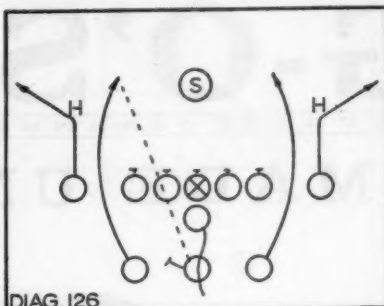
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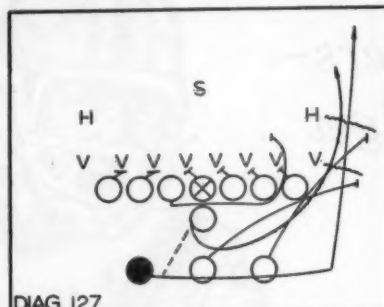
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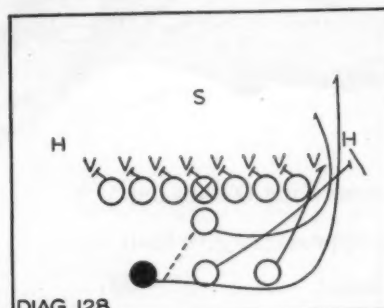
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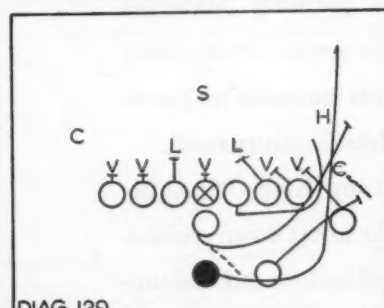
DIAG. 126



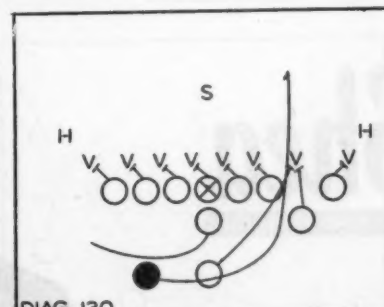
DIAG. 127



DIAG. 128



DIAG. 129



DIAG. 130

**FOUR DEEP DROP-BACK
(Diag. 126)**

WHILE it is an old idea, we still like to place our ends out 10 yards and send them down and out against a three deep defense. As the right and left halfback go down the middle, the quarterback watches the safety to see which side he favors.

GOAL LINE PLAYS

POWER RIGHT (Diag. 127)

THIS play is the same as the sweep except that the weak guard pulls. As shown, the defensive end goes wide and the ball-carrier plants his foot and drives. The left halfback must watch the defensive end as soon as he gets the ball. He should always try to go wide, but if the defensive end shifts, he plants his foot and drives for the end zone.

SWEEP RIGHT (Diag. 128)

AGainst a goal line defense this has been a consistent play. The quarterback pitches quickly and becomes a blocker on the safety. The right halfback goes for the defensive end. The fullback runs a path about four feet in front of the defensive end, and if the right halfback gets a good block, the fullback will go for the halfback. However, if the end goes wide, the fullback will block out on him. The line blocks down or in.

**FULLBACK QUICK PITCH
(Diag. 129)**

THE line blocking shown is against an Oklahoma 5-4 defense, but it is good versus the gap eight and most other defenses. Against a gap eight the right guard will not pull, but will block to his inside. The quarterback pitches quickly and becomes a blocker on the defensive halfback. The right halfback runs a path three feet in front of the corner and blocks him in or out. Then the fullback takes the quick pitch while giving a little ground and watches the corner. If he can, he goes wide; if not, he plants his right foot and drives. The flanker sets three feet wide and always blocks in.

SPLIT POWER RIGHT (Diag. 130)

INSIDE the five yard line we have had a problem against teams that place an extra back in the line as shown in the accompanying diagram. This has been especially true when the defense was in a gap eight. The fullback and the slot or split back two-times the man in the hole and all other linemen block away from the hole. The left halfback will watch the defensive man in the hole and veer accordingly. From week to week the slot man can be moved to another hole.

(Concluded on page 47)

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Establishing a Simple Three Deep Secondary Defense

By PHILIP C. KRUEGER

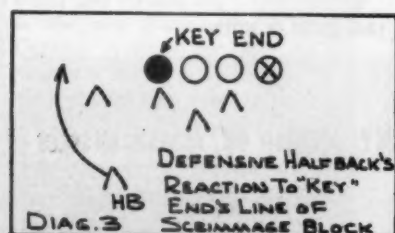
Backfield Coach, Long Beach City College, Long Beach, California

THE long, scoring play can be the most unnerving incident in a football game. It provides a great psychological lift for the offense and casts a shocked, demoralized shadow on the defense. Accordingly, the first principle in our defensive philosophy is: *Never allow the opponent the long, easy touchdown.*

Preventing these football home runs is a burden which falls upon the shoulders of our three secondary defenders. Regardless of the varied alignments and assignments given to the linemen and linebackers, these three men operate in the same deep zones, in the same manner on every defensive play.

Against a normal offensive setup, the halfbacks line up seven yards deep and three yards outside of the end (Diagram 1). All flankers or split ends are played head-up and at the same depth (Diagram 2). The safety stations himself thirteen yards deep and midway between the halfbacks (Diagrams 1 and 2).

We feel that the body position of each



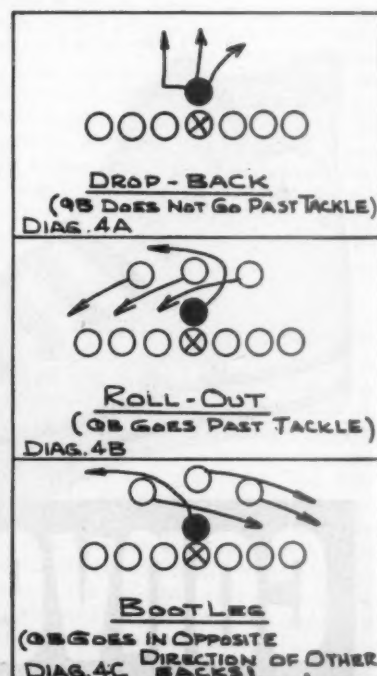
of the backs is important. When the offensive center is over the ball, the halfbacks assume the ready position. This is an upright football stance with the player's head up, tail down, feet comfortably spread, legs slightly flexed, and the arms hanging freely. Most important of all, we require the outside foot to be placed forward. Our safety assumes this same position except that his feet should be parallel.

On the snap of the ball, the three deep men execute split-second automatic reaction and then respond to keys. The halfback should bring his outside foot back parallel to his inside foot, while the response of the safety is to shuffle step in place. We feel that these actions on the part of the secondary defenders keep them from getting caught in their tracks. Of course, while they are performing these actions, the defenders are reading their keys.

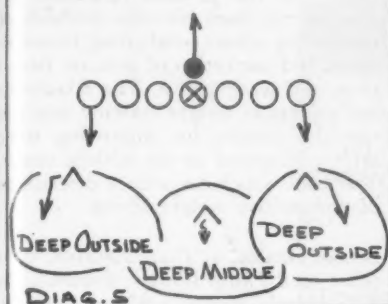
Primarily, our halfbacks key the man who is set out the widest on their side of the field, the end or the flanker back. Naturally, if this offensive man blocks along the line of scrimmage, our halfback comes up under control from an outside-in position (Diagram 3). If the widest man proceeds downfield, our halfback shuffle steps in retreat changing his key to the quarterback. The safety man keys the quarterback 100 per cent.

For simplicity all quarterback actions are classified drop-back, roll-out or bootleg. Drop-back action is indicated

when the quarterback does not take the ball past a tackle (Diagram 4A). Roll-out takes place when the ball is taken past a tackle (Diagram 4B). Bootleg occurs when the quarterback takes the ball in the opposite direction from the flow of the other offensive backs (Diagram 4C).



3 DEEP REACTION TO DROPBACK OR BOOTLEG.



Our defensive backfield reactions to each of these quarterback movements are based on a pure zone coverage. If drop-back action is shown, the defenders retreat rapidly into a freeze or three deep zone defense (Diagram 5). If roll-out action is detected, the halfback on the side of the roll levels off at seven yards depth playing the flat zone and the possible run from an outside-in angle. The safety follows the roll-out ac-

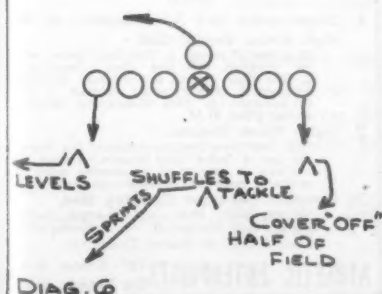
Philip C. Krueger graduated from Southeast (Missouri) State College in 1951 and coached for one year at Berkeley, Missouri, two years at Yuma, Arizona, and one year at Beaumont High School in St. Louis before accepting his present position as backfield coach at Long Beach City College. Last fall the Long Beach team won the national college championship with a 10-0 record. Krueger has lectured at three clinics.

tion from his 13 yard depth until he reaches the tackle. Then he sprints on a suitable angle to the deep outside. The halfback away from the roll-out assumes a deep position where he can cover his half of the field (Diagram 6). When a bootleg occurs, our defensive backs scramble as quickly as possible back into a freeze.

Any time a team splits out potential pass receivers so wide that our safety

(Continued on page 42)

3 DEEP REACTION TO ROLL-OUT



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New Books

Treatment and Prevention of Athletic Injuries, by Joseph P. Dolan. Published by The Interstate Publishers, Danville, Ill. Four hundred and seventy-two pages. Publication date March 29. Received for review April 10. Price \$5.50.

First published in 1955, this second edition has been completely up-dated and is ninety pages longer than the first edition. A new chapter on Mental Hygiene in Athletics and Training, a new glossary, and many new illustrations are to be found in the new edition. Chapters are devoted to various sections of the body, with methods of taping and corrective exercises for each explained. Two chapters, Massage in Athletics and Massage for Specific Athletic Injuries, should be of particular interest to the coach who finds himself also responsible for the training of his players.

Administration of Health, Physical Education, and Recreation for Schools, by Richard Havel and Emery W. Seymour. Published by The Ronald Press Co., New York 10, N. Y. Four hundred and forty pages. Publication date April 21. Received for review April 24. Price \$5.50.

Divided into three parts, Administrative Foundations, Program Administration and Management, and Evaluation, this textbook is designed for an introductory course in the administration of health education, physical education, and recreation. The authors analyze the responsibilities of personnel, budget, facilities, and equipment for the above areas.

Arnold Palmer's Golf Book. Published by The Ronald Press Co., New York 10, N. Y. One hundred and forty-two pages. Publication date May 1. Received for review May 1. Price \$5.00.

This is a superb golf book highlighted with marvelous full page size sequence pictures. Palmer intersperses his technical discussion with tournament experiences to illustrate the niceties of the game.

Jet Basketball Scorebook, prepared and distributed by Glenn Matter, Airport Community Schools, Carleton, Mich. Scoring space for twenty-five games.

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Health Principles and Practice, by C. L. Anderson and C. V. Langton. Published by C. V. Mosby Co., St. Louis 3, Mo. Four hundred and thirty pages. Publication date April 25. Received for review April 28. Price \$5.75.

This book is designed as a textbook for a one-semester course in hygiene. This, the third edition, incorporates the newest discoveries in genetics as well as the latest information on prevention and treatment of disease.

Methods and Materials for Secondary School Physical Education, by Charles A. Bucher, Constance Koenig, and Milton Barnhard. Published by C. V. Mosby Co., St. Louis 3, Mo. Three hundred and eighty-seven pages. Publication date April 24. Received for review April 26. Price \$6.50.

Although designed primarily as a text for courses in Methods and Materials for Teaching Physical Education at the Secondary School Level, the book will serve as an excellent guide for physical education teachers already in the field. Eighty pages of the book are devoted to playing area diagrams and types of forms.

Progressive Weight Training, by Jack R. Leighton. Published by The Ronald Press Co., New York 10, N. Y. One hundred and forty-three pages. Publication date March 31. Received for review April 19. Price \$4.00.

With the great emphasis upon weight training and its adoption by almost all of the coaches for practically all sports, this book is most timely.

Drill sequences of fifteen fundamental exercises for men and seventeen recommended exercises for girls are provided. In the case of each exercise, the starting position and movements of the exercise, recommended resistance

and starting repetitions, cadence, pointers, cautions to observe, and the principal muscle areas benefited are analyzed. For the physical education instructor, the book provides methods of conducting classes, evaluating improvement, and correction of postural deviations and weak points. The conditioning aspects of weight training and the special exercises for improving basic skills will appeal to the athletic coach. The book concludes with a description of competitive weight lifting.

School Health, by Clair Langton, Ross Allen, and Philip Wexler. Published by The Ronald Press Co., New York 10, N. Y. Four hundred and forty-one pages. Publication date April 7. Received for review April 20. Price \$6.50.

Designed as a text for students studying school health, this book shows the relationship of health education, physical education, recreation, and guidance to the overall program.

Fundamentals of Golf, by Dow Finsterwald. Published by The Ronald Press Co., New York 10, N. Y. One hundred and forty-five pages. Published May 1. Received for review May 5. Price \$5.00.

This is one of the finest golf texts ever written. Finsterwald takes nothing for granted, but explains all the fundamentals from the grip to hitting the wedge shot. Numerous large size sequence action pictures are used to analyze the basic shots.

Mechanics of the Pole Vault, written and distributed by Dick Ganslen, University of Arkansas, Fayetteville, Ark. One hundred and thirty-seven pages. Price \$1.50.

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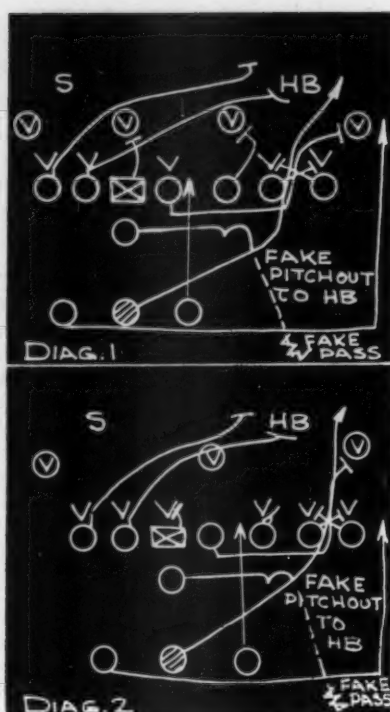
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Save Your Halfbacks

By ROBERT J. WILLIAMS

Football Coach, Elmwood High School, Bloomdale, Ohio

AT the outset we wish to make it clear that it is not our intention to take issue with football systems that employ the double-team with halfbacks blocking when running the off-tackle play. We are in accord with those who believe that the double-team block is the most powerful block used in football today. Our desire is to describe our method of blocking the off-tackle play which is beneficial to those squads that are small in number and lack adequate depth at the halfback positions.

The majority of systems using the double-team on the off-tackle play require that the halfback block bigger and stronger linemen. These systems employ various rules, and tackle calls tell the halfback whom he is supposed to block. He may have to block a linebacker, a big defensive end or a 200 pound defensive tackle. At Elmwood we feel that by following this procedure we are risking the possibility of injury to our halfbacks.

Injury to halfbacks may not be a concern to those coaches who are fortunate enough to have an adequate number of good running halfbacks, but to those who have a small squad this problem may be the springboard to a winning or losing season.

After our 1959 season, which was not a successful one in regard to the won-lost record, some of the problems experienced were analyzed. One problem which was acute was having to play our games with one or another of

our regular halfbacks sitting on the bench due to an injury. We did not feel that the injuries were due to poor equipment or antiquated blocking techniques, but rather to the fact that we were asking halfbacks who weighed between 135 and 150 pounds to block bigger and stronger linemen who would outweigh them by 50 or 60 pounds. After agreeing that we could not risk injury to our backs by asking them to block these big men, we decided to change our method of blocking on the off-tackle play.

A method that would require a cross-block between our end and tackle, a guard pulling out to lead the play, and the on-side halfback diving into the hole created by the pulling guard was needed. Diagram 1 shows our 43 play against a defense that employs a five-man line, and Diagram 2 shows this same play against a defense employing a six-man line.

In our opinion, the maximum line split of 12 inches allows our players to block the defenders before they can make penetration into our backfield. There are a number of advantages and disadvantages to this system which are as follows:

Advantages: 1. Good blocking angles for our end and tackle. 2. An extra lineman to block at the point of attack (our pulling guard). 3. The element of surprise which results when the cross-block is used. 4. The fake of the diving halfback which has a freezing effect on interior linemen and linebackers. 5.

Less risk of injury to our halfbacks. 6. No chance of a wrong call being made by a tackle, or of the halfback missing the tackle call. 7. No chance of one member of the double-team letting the other do all the work.

Disadvantages: 1. Loss of the power of the double-team block at the point of attack. 2. Chance for the stunting defense to make penetration into the backfield. 3. Inability of one man to handle a big, tough defensive tackle.

The techniques employed in our cross-blocking are the same for the tackle and the end. We use a three-point stance with a toe-instep relationship, heels raised one-half inch off the ground, head up with the neck bulled, shoulders and buttocks parallel, and the weight distributed on the balls of the feet. This stance allows our linemen to move in either direction without shifting their weight.

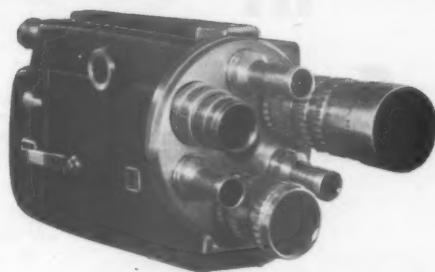
The points stressed in teaching the cross-block are: 1. Assume the correct stance. 2. Take a short step with the foot closest the man to be blocked, aim-

(Continued on page 43)





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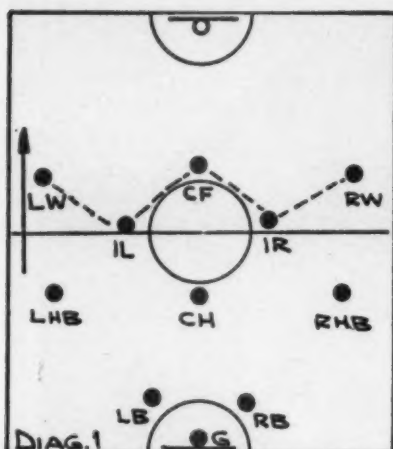
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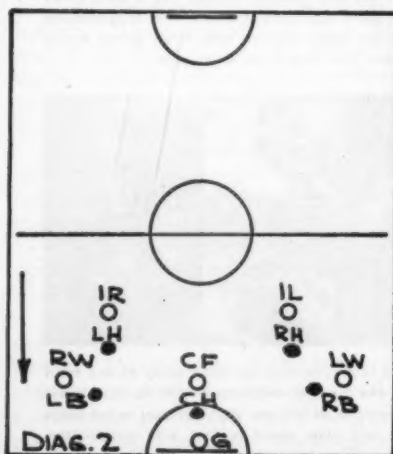
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Basic zone defense with W offense

Team Strategy in Soccer

Basic defense — third back coverage



WHEN we talk about team strategy in soccer, both the defensive and offensive aspects of the game must be covered. Although in good soccer it is difficult to make a sharp distinction between offensive and defensive play, because a so-called defensive player may go into or set up an offensive maneuver, while an offensive player sometimes finds himself guarding an opponent or breaking up a play. Nevertheless, the distinction between the two must be maintained. One of the more popular aspects of soccer is the fact that in a good game a team is constantly changing from offense to defense. Along with the teaching of various team and individual skills, it is important for the soccer coach to spend quite a bit of his time discussing the strategy of defending and attacking.

Let us consider defensive team strategy first. Depending on the material available, a coach will either use a man-for-man or a zone defense. The basic zone defense which is most often used in high school play has two fullbacks playing parallel to each other about 20 or more yards apart, with three halfbacks in front of them, also set up in a parallel formation (Diagram 1). The common front line play with this zone has the two inside forwards coming back to help the other backs. This defense is easier to teach than the man-for-man, because each man is responsible for a limited area of play and knows where the other backs will be in relation to him. In other words, if an opponent comes into his area, he is responsible for him; but if an opponent crosses out of his area, one of the other backs will pick him up. Emphasis in this defense is placed on covering all areas of the playing field. Nevertheless, a zone defense must operate as a man-for-man defense when an opponent is in the defender's area.

A man-for-man or third back game is used by more advanced soccer teams (Diagram 2). Each defensive man is responsible for an opposing man, and should stay relatively close to him throughout the game. The fullbacks are instructed to check the opposing wings, the left and right halfbacks to cover the inside forwards, and the center halfback to cover the center forward. Very seldom will the center halfback go on offense as he could in a standard zone defense. Thus he is termed a third fullback or the third back. With the high scorer being the center forward on most teams, the center halfback should try to limit his effectiveness. Another advantage of the

man-for-man defense is that it has every man covered, no matter what offense the opponents employ. The reason this defense is more difficult to teach in high school is that an inexperienced player finds it difficult to master the art of picking up a loose opponent. The zone defense provides a second line of protectors against a loose man. When the art of picking up a loose man is mastered, then the man-for-man works effectively.

Sometimes individual weaknesses in defensive personnel make it necessary to employ a combination type defense (Diagram 3). In basketball, many high school and college coaches are using a so-called mixed defense, so in soccer a coach may play a zone defense except for one man who will cover a certain high-scoring opponent individually. Some teams will move a lineman back and play six defensive backs in various arrangements instead of the usual five, willingly sacrificing some of their offensive power in order to hold a high-scoring team down. There are many possible variations, but all of them depend on the strengths and weaknesses of the team and those of a particular opponent.

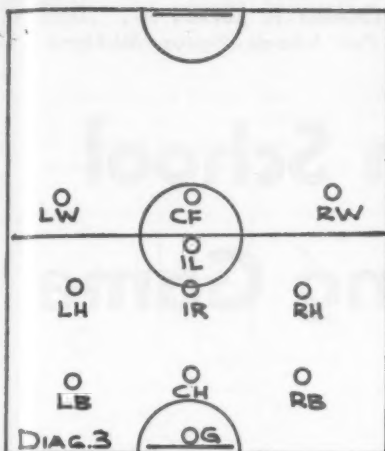
Regardless of the defense a coach uses at the start of a game, improvisations may be necessary. He may change his defense at half-time or before if he finds his present one inadequate. In the waning minutes of a close game with a one goal lead and the other team threatening constantly, it might be advisable to bring a lineman back to play defense. If a chart of shots shows that the opposition is penetrating one area with a certain amount of steadiness, then the coach may switch his personnel or put an extra man in or near this area. Instead of relying entirely on his own judgment, he may find it wise to consult his center halfback about which opponents need extra attention and which ones can be played a little looser.

This is why half-time can be so valuable to an observant coach. He can, with the aid of his players, figure out what defense will best hold the opposition. Adjustment is often necessary, but in soccer we still find too many coaches unwilling to change their defense at all during a game even when it may make the difference between winning and losing.

Now, let us turn our attention to the team strategy employed on offense. The offense used will be governed by the defense a team will encounter, so before the game it is important to talk

By **MILLER BUGLIARI**

Soccer Coach, Pingry School, Elizabeth, New Jersey

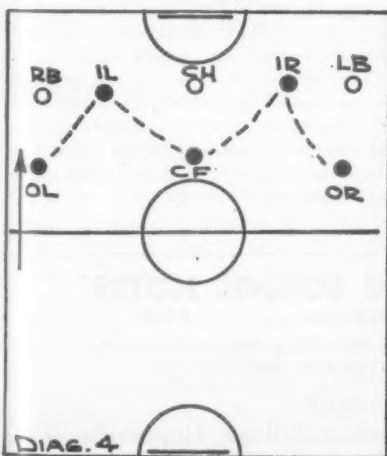


Combination-type defense

over the various possibilities that may arise during the contest. The surprise element in soccer has the same effect that it has in other sports. If an opposing team can be caught off guard, an extra goal may be picked up. The W offense is the most common in the New York metropolitan area. This means the left wing, center forward, and right wing lead the attack, and the two insides back up the line to give this formation its W shape. However, it has been our experience that a fluid or multiple offense is more difficult for the opposition to contain, and with the advancement of soccer skills in this country, many teams employ some type of variation.

A fluid offense is one that is not set or rigid (Diagram 4). It is not a W formation or an M formation or any other particular stationary shape. It will change and vary depending on how the defense sets up or where the ball is being played at a certain time. The line-

The M formation against the third back



men still have a basic principle of keeping the defense spread; therefore, the two wings will usually be formed near the touch lines, with the center forward in the middle of the field, adjusting to the situation. If the opposing center halfback is covering the center forward tight, an inside man may move to a position in which he is parallel to the center forward, trying to divert a little of the attention from the center forward. If the defense adjusts adequately to this formation, the center forward may well move in back of both his inside men, who then become twin

center forwards in the hope of adding to the defensive confusion.

If a coach does not feel he has the material for this type of changing offense, he should at least try to have the offense geared so that his wings can sometimes switch into the inside or eventually into the center forward position — with the center forward. In turn, these players move out to the wing if necessary in order to keep the defense from meeting the same form of attack over and over again. Too often high school and even, college

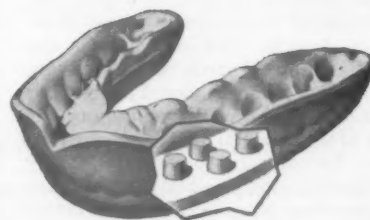
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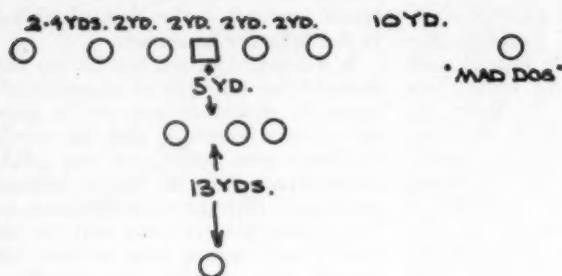


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DIAG. 1

By RICHARD E. SWAN
Elkton-Pigeon-Bay Port Schools, Pigeon, Michigan

High School Kicking Game

DURING the five years that our staff has been active in coaching football, a philosophy which we feel is logical has been adopted. However, examples of this idea have not been incorporated into the kicking games used by any of our opponents.

The philosophy of getting there the *firstest with the mostest* is used for our kicking game as well as the other phases of football.

Some teams send one or two men down under punts but we have yet to see a high school team send down the entire front line. Seldom do we see more than two blocked punts per season yet these teams place emphasis on getting through to block every punt.

Concentrating on blocking punts, in our opinion, is a waste of practice time. Instead, we spend this time on the prevention of punt returns.

Our teams have employed the spread punt for five seasons in four different conferences, and it has been a very successful defensive weapon in that they have limited the opponents to an average of 4 yards. The longest single return has been 12 yards in four seasons.

Having a long run scored against our team seems to lower the boys about one rung in their mental attitude toward the game. By using the spread punt we try to eliminate one possibility of this happening. Our punt returns have netted an average of some 32 yards per try against teams that are punt protection minded.

In order for our boys to get there the *firstest*, the speediest players, regardless of size, who can also lower the boom, are selected for the front line. These boys are generally the backs. Then the fastest, most agile man is selected and isolated up to 10 yards outside his tackle. He is called our *mad dog*.

This player is instructed to throw all caution to the wind and sprint to the punter. He should reach the receiver the same time the ball does. This point is stressed and we emphasize that

Graduating from Indiana in 1953, Richard Swan coached for three years at Sand Lake High School and Ewart High School, both in Michigan. The following year he went to Lakeville, Michigan as basketball coach, and last fall assumed his present position as assistant in football and varsity basketball coach.

if a receiver does attempt to catch the ball, it should be done with a fair catch signal. Fortunately, our teams have had a player who was able to get the job done to a point where the opponents were holding or clipping him in an attempt to hold him up.

The remaining five speediest players are our guards, tackles, and the remaining end. Punt coverage is not stressed in the case of the center since his first responsibility is to get the ball to the kicker. These linemen are instructed to *bump and go*. We find that a bump with the shoulder will knock the defense off balance for a count or so. When the defense starts to hold our players up, they can roll off easier with shoulder contact and are not bothered too much. By splitting the guards up to two yards, the tackles up to two yards, and the end up to three yards, more working room is provided thus lessening the possibility of being held up at the line of scrimmage (Diagram 1).

These simple spread punt rules are used:

Guards. 1. They are instructed to bump the first man sitting inside them to the inside and go. The man over center is not counted. 2. With no man inside, they should bump the man over

them outside and go. 3. When there is no man inside or on them, they sprint to the punt receiver.

Tackles. 1. They should bump the first man sitting inside them except the man over tackle to the inside and go. 2. When there is no man inside them, then they bump the man over them to the outside and go. 3. With no man inside and no man on them, they sprint to the punt receiver.

Ends. 1. They are told to bump the first man sitting inside them except the man over tackle to the inside and go. 2. With no man inside, they sprint to the punt receiver.

The personal protectors for the punter are the heaviest players on the team. These boys are five yards off the line of scrimmage and shoulder to shoulder. A gap is left between these men for the ball to reach the kicker and two players are on the side of the kicker's foot. These boys are told never to leave their positions to get someone. They should let the opposing players come to them and then shed them to the outside. Another thing these boys should never do is back up. This has happened twice and accounts for our two blocked kicks in five seasons.

Our kicker is 13 yards back and is told that the ball should leave his foot directly behind the middle man.

Our spread is certainly not original — we picked it up from the same clinics that many of our opponents attended. However, we are always willing to try something new if it will help overcome our team's weaknesses.

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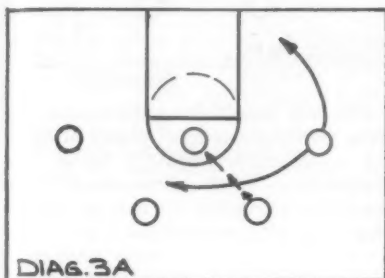
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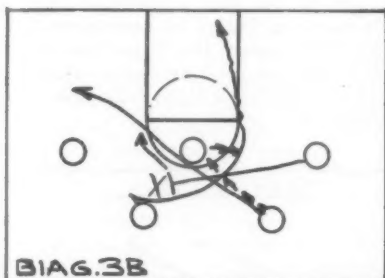
Man-for-Man Offense

(Continued from page 26)

the pivot man or behind him to the opposite side of the floor (Diagram 3A). This maneuver offers the following variations from the basic split rule:



1. The guard splits for the guard and the forward clears first (Diagram 3B).



2. He splits for the guard and the guard precedes the forward (Diagram 3C).



3. The guard splits the forward and the forward clears first (Diagram 3D).

4. He splits the forward and the guard goes first (Diagram 3E).

5. The forward's defensive man will eventually learn to anticipate the forward clearing out in front of the pivot man. When this happens, we teach the forwards to make a back cut and receive a bounce pass from the pivot man (Diagram 3F).

After one of the plays has been unsuccessfully attempted, then our players

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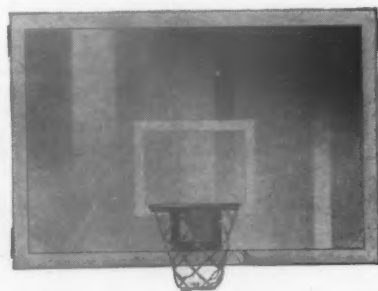
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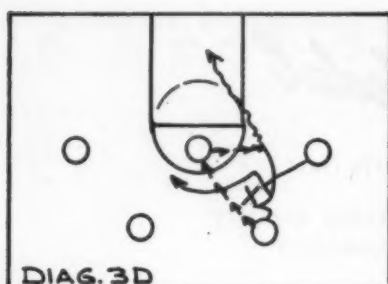
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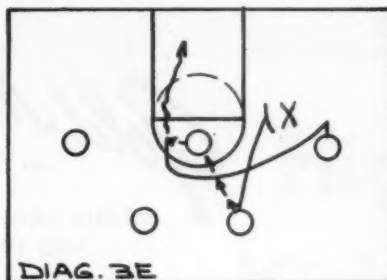
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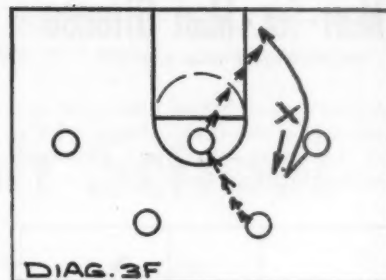
work on what we call the *breakdown*. When the play fails to develop properly, the player who has the ball has the following options:

1. He may attempt to beat his man on the one-on-one play.



2. He may hit the post man and split with one of his teammates.

3. He may throw back out to a guard. We call this the *cancel*. When it happens, the guards are expected to initiate a new play sequence.



We feel that this man-for-man offense provides our team plenty of scoring opportunities without being too complicated. It also demands enough team play to present the defense with a variety of play situations.

A Simple Three Deep Secondary Defense

(Continued from page 33)

feels he cannot cover the deep outside zone adequately on a roll-out action, he is permitted to call *freeze*. This would mean that all quarterback keys are ignored and the three deep secondary defenders will not rotate to any roll-out action. This happens most frequently

which do the instructional job for us effectively. After the secondary defense has been installed early in the season, 10 to 15 minutes daily are allowed for work on these drills.

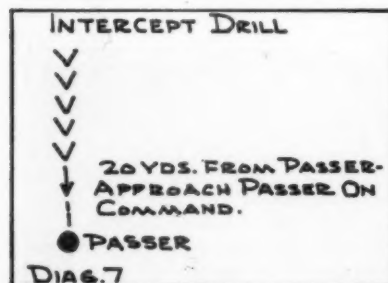
The individual drills used are:

1. *Intercept* (Diagram 7). The players approach the passer under controlled speed. They are required to intercept high tosses at their peak and to dive with reckless abandon for the low and wide throws.

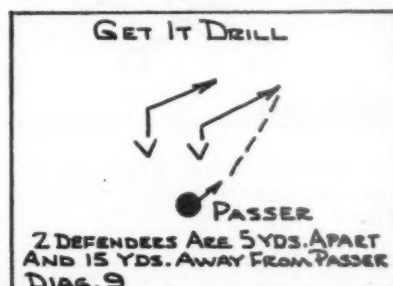
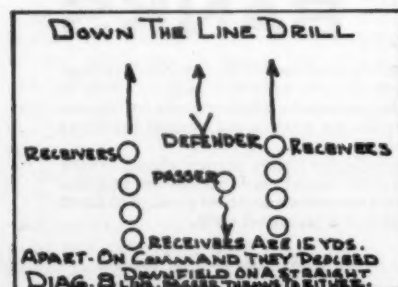
2. *Down the Line* (Diagram 8). The defensive back retreats rapidly, not allowing either of the ends to get behind him. If he is forced, he will turn tail and run full speed to prevent anyone from getting behind him. When the ball is in the air, the defender sprints to it and attempts to intercept it. The distance splitting the two ends is increased periodically as the defensive backs become more proficient. At the close of the past season we found it difficult to complete passes when a 30-yard spread was maintained between the ends.

3. *Get It* (Diagram 9). Two backs are instructed to retreat on command. Then the passer turns and signals right or left with the ball. The defenders must react in the correct direction. As the ball is thrown, and both men fight

to get it, the loser attempts to tackle his opponent before he can return the ball to the passer. Our experience indicates that the good defenders come up with the ball regardless of the direction indicated.



against the various pro sets. In order to make this simple zone coverage effective, daily drill is extremely important — both on individual techniques and group work. There are a number of secondary defense drills, but, of course, the time factor in coaching allows only a few to be utilized. We have found three individual and three group drills



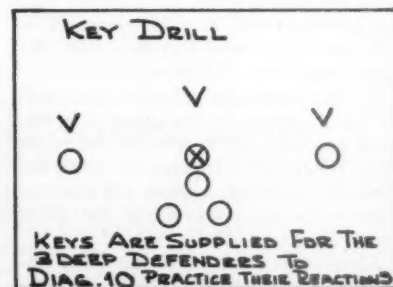
The group drills employed are these:

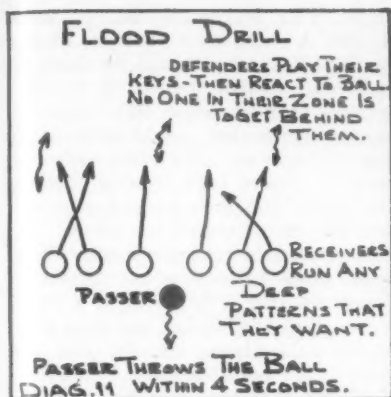
1. *Key* (Diagram 10). The players set up in their three deep defensive alignment and then are checked carefully for field and body position. As the various keys are presented by the quarterback and ends, the defenders react to them. The ball is placed on both hash marks as well as at the center of the field in order to make the defenders

IMPORTANT NOTICE

The status of this subscription is indicated on the flap inside the front cover. If it does not agree with your records, please notify us at once. In order to be of the most value to our subscribers who are coaching football, we plan to have the September issue delivered on Friday, September 1. If your subscription is in force and you will have moved or the school will not be open by that date, please notify us by August 18.

Sub. Dept., ATHLETIC JOURNAL
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field conscious in determining their three deep zones.

2. **Flood** (Diagram 11). The zones are flooded with six receivers in any deep patterns. We instruct the defenders to react to their keys, and then spring to the ball when it is thrown. This drill helps sell the boys on zone coverage and also aids in the development of rapid, aggressive reaction.

3. **Favorite Plays**. Our favorite pass plays and some of our opponents running plays are used against the defensive backs. The offensive group is composed only of backs and ends.

Using this simple secondary defense, we intercepted 25 passes last season and did not allow one home run score. It is our opinion that the simplicity of the defense allowed the individual defenders to become experts in their positions and thereby gave them the necessary confidence to perform their duties well.

From Here and There

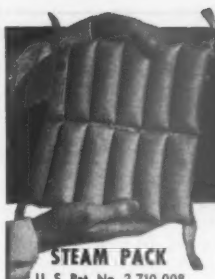
(Continued from page 6)

games showed a percentage of 61.2, while in 371 regional games this had increased to 63.9 per cent. For 39 sectional games 65.6 per cent of the free throw attempts were successful. It would be interesting to see whether the percentage continued to increase for the state finals . . . Best wishes for a pleasant summer — we'll see you again when the football starts "thump-in."

Halfbacks

(Continued from page 36)

ing the nose for the belt buckle 12 inches immediately in front of this player. This allows for the defensive man's forward movement on the snap of the ball. 3. Once contact is made, execute the neck shoulder squeeze. 4. Keep the feet well apart and use short digging steps. 5. Work up under the



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defender's armpit and drive him laterally. 6. If you slip off, push up to all fours and crab block.

For example, if the right end is executing his block properly on the defensive tackle, his head would be in front of the defender, and his right shoulder would be well up into the left armpit as he drives the defender laterally.

We use a set of blocking rules which allow our players to block any defensive situation we may encounter. Diagram 3 shows the numbering of the offensive holes.

Rules for three hole: The right end, No. 2, cross-blocks on the first man to his inside. Our tackle, No. 3, cross-blocks off No. 2's tail on the first enemy color outside No. 2. The right guard, No. 4, is instructed to take the man over him. If there is no man over him, he takes the first enemy color out. Our left guard, No. 5, pulls to the right, leads the play through the three hole taking the first enemy color. The center, No. 6, takes the man over him. If there is no one over him, he takes the first enemy color out. Our left tackle, No. 7, goes over and across. The left end, No. 8, goes over and across. The right halfback fakes a dive play and then seals the 4-6 gap.

Robert Williams graduated from Bowling Green (Ohio) State University in 1957 and served as head coach the next season at Troy-Luckey High School and then one season at Eastwood High School in Pemberville before assuming his present position.

In conclusion, we would like to make it clear that this system is not a cure-all to the problem of injury to halfbacks. However, we do feel that the advantages far outweigh the disadvantages and one possibility of injury is eliminated. Furthermore, it is our firm conviction that in a situation where the number of good running backs is few, they should be protected as much as possible.

Soccer

(Continued from page 39)

teams work the same series of passes and the same pattern of movement among their players. This type of play can be easily handled by an adequate defense, but when a team has a multiple type offense where each player is aware that there must be a variation in its offensive thrust, then that team is better prepared to cope with the de-

fense. This is not as difficult as it sounds. A coach must make his players realize that they should be able to switch to another position or to shoot or pass from an angle other than the one to which they are accustomed. If the physical size of certain defensive men is causing high crossing shots to be headed out, then a coach must adjust his line personnel accordingly.

Our plan in offensive strategy is to have some basic type of pattern in mind, whether it be an M or a W or some type of formation, and then slowly work the players into the idea that these exact positions cannot always be held and a change or a switch in the basic alignment will, if advantageously timed, pay off in confusing the defense. Do not play a static game, but try to have as fluid or as changing a pattern of attack as possible with the available material. Imagination often pays off in goals.

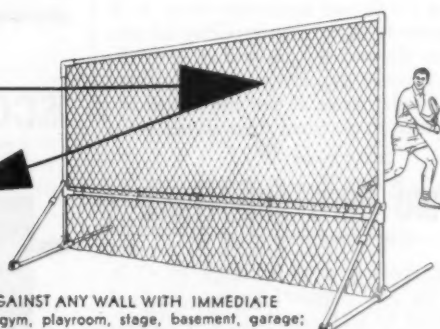
The Six Front

(Continued from page 22)

tration on the short side of the unbalanced set. The defensive end charges for a spot one yard outside the nearest

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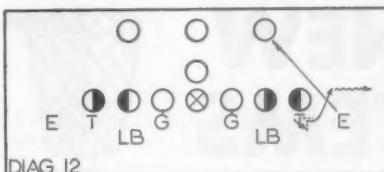
back, and the defensive tackle goes for a spot one yard outside of the fullback.

In order to take away the hand-off and off-tackle to the short side, the defensive end and tackle charge as shown in Diagram 11. The linebacker keys the guard's block and has outside responsibility.

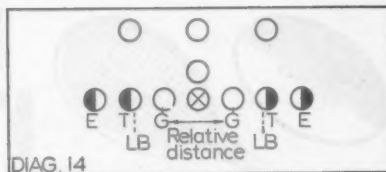
Diagram 12 shows the X stunt.

Clyde Biggers played on Catawba College's 1947 and 1948 Tangerine Bowl teams and then played for two seasons with the Green Bay Packers. He coached at Fayetteville, N. Car., for two seasons and posted an 18 and 2 record. For one season he assisted at East Carolina College and in 1953 became head coach at his alma mater, a position he held until joining the staff at South Carolina in June 1959.

The middle stunt can be executed with the linebacker and any of the interior linemen. Diagram 13 shows it



DIAG. 12



DIAG. 14

with the strong guard.

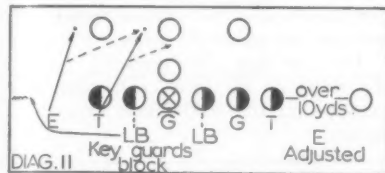
Team stunts directly involving at least half of the front can be used with reference to down and distance, field position, opponent tendencies, etc. The tight six (Diagram 14), the jam (Diagram 15), the force (Diagram 16), and the red dog (Diagram 17) are all sound maneuvers.

The tight six is of value in cutting down wide splits. Ends and tackles play as shown in Diagram 14. The defensive guards, always playing relative distance, may fire the gap when they are wide enough. Linebackers at two and one-half yards play the tackle key

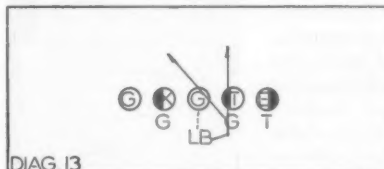
and must be in position to cover wide.

The 60 jam (Diagram 15) is effective in stopping hand-offs, off-tackle plays, and off-tackle fakes and options.

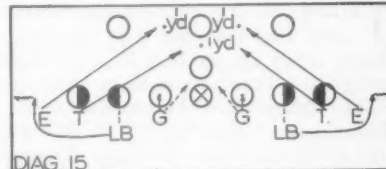
The end charges for a spot one yard outside the fullback. If the fullback moves toward the defensive end, the spot moves also and the end must flatten to the outside always keeping his one-yard cushion. The tackle heads for a spot one yard in front of the fullback, fighting any pressure he may get. The linebacker takes one step back and keys the offensive tackle. If the offensive tackle blocks in, the linebacker fills up; if the tackle shows a pass, the lineback-



DIAG. 11



DIAG. 13



DIAG. 15

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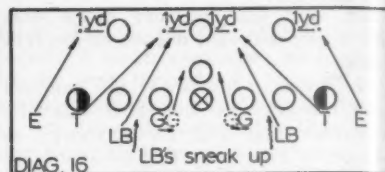


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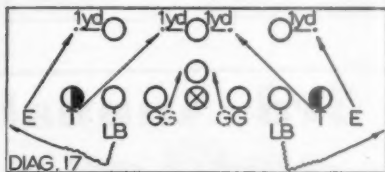
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er moves to the hook zone and then to the flat; and if the tackle fires out, the linebacker moves to the outside of his defensive end. The guards play relative distance, being responsible for the draw, sneak, and trap. They may gap again when it is feasible.

On the 60 force (Diagram 16), the defense must always react to players who are attempting to block as penetration occurs. The ends rush one yard outside the near back. They should maintain a one-yard cushion when this back moves toward their side. The tackles charge for a spot one yard outside the fullback. If the fullback moves, so does the spot. The guards have normal assignment and responsibilities. The linebackers fire the gaps as shown and are free agents in 60 force.

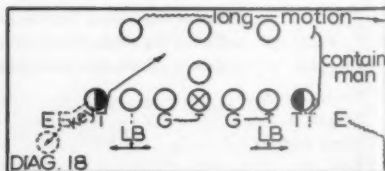
The red dog (Diagram 17) is run the same as 60 force (Diagram 16) except that the linebackers execute as shown.



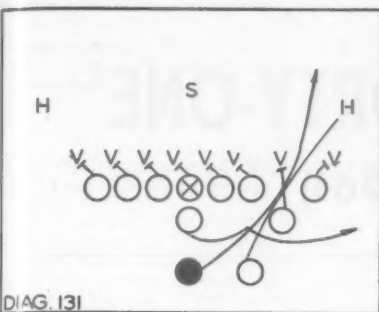
Linebackers fake firing the gap before moving back toward the hook zone.

In the 60 over right (Diagram 18), the defensive end who is toward the motion follows the rules of the adjusted end as he drops out and off the line. The back-side end keys the offensive end and is responsible for the flat area to his side (no more than five yards deep). The tackle toward the motion becomes a contain man to his side, and the back-side tackle keeps the leverage. The guards loop as shown and play the play. The linebackers back up one step and play the ball.

In view of the continuing trend toward even more wide-open offenses, the six-man line will very likely become the universal defense.

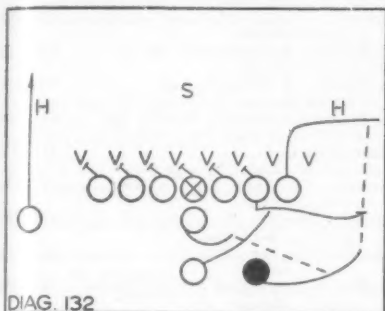


Defensive end becomes adjusted on motion.



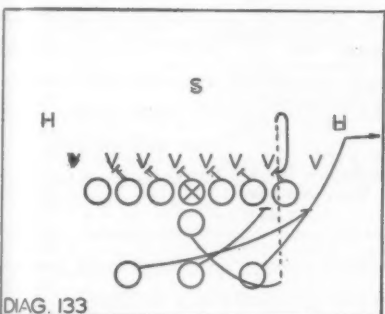
SPLIT BELLY RIGHT (Diag. 131)

THIS play is based on the same idea as the split power right. The fullback must veer off the defensive man in the hole.



FLY AND TOSS (Diag. 132)

OUR team has been very successful with this play. The quarterback pitches quickly to the right halfback who goes to the right. As soon as he gets the ball, he either runs or tosses it to the right end. The right tackle pulls for protection.

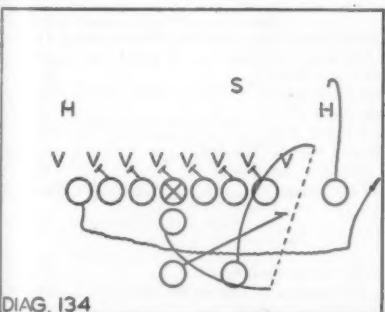


BLOCK AND HOOK (Diag. 133)

JEWELL WALLACE, a highly respected coach, showed us this play. The right end blocks until he sees the safety move with the flow. Then he steps across the goal line and hooks. The right halfback runs toward the defensive halfback and then cuts out. The left end hooks over the spot the safety leaves. Aggressive blocks should be used by the line and the backs.

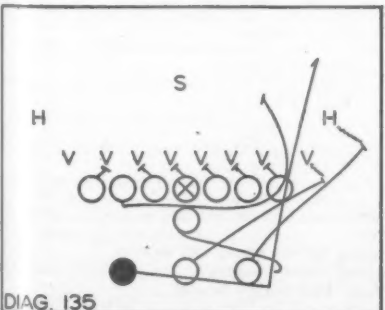
FLOOD RIGHT, LEFT END IN MOTION (Diag. 134)

FOR this play the flanker sets 12 yards wide and must be on the line of scrimmage. The left end goes in motion, passing in front of the backs. When the left end approaches the flanker, the ball is snapped. If no adjustment is made by the defense, the quarterback will roll out, watch the defensive halfback, and hit either the flanker or left end in the flat. If the defense adjusts with two men, then the quarterback will run or throw to the right halfback.



FLICKER RIGHT (Diag. 135)

IN this play the linemen block down. The right halfback and fullback both block out and the left guard pulls and blocks the safety out against a gap eight. However, against most defenses he will block the pursuit out. The quarterback rolls out and when he reaches the exact spot behind the right end, places the ball behind his back with his right hand. The left halfback follows the quarterback, takes the ball, and cuts when he gets to a spot behind the quarterback. The quarterback must roll out at one-half speed so the left halfback will be even with him when the ball is handed off.



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